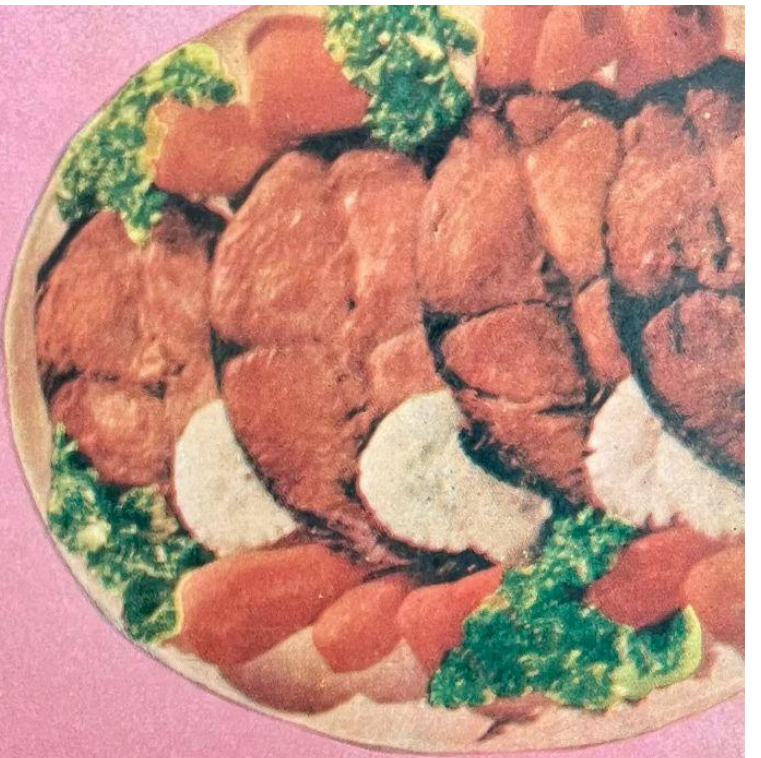
WONDERFUL RECIPES For The FAMILY



Cookbook

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By M. J. Enriquez

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WONDERFUL RECIPES

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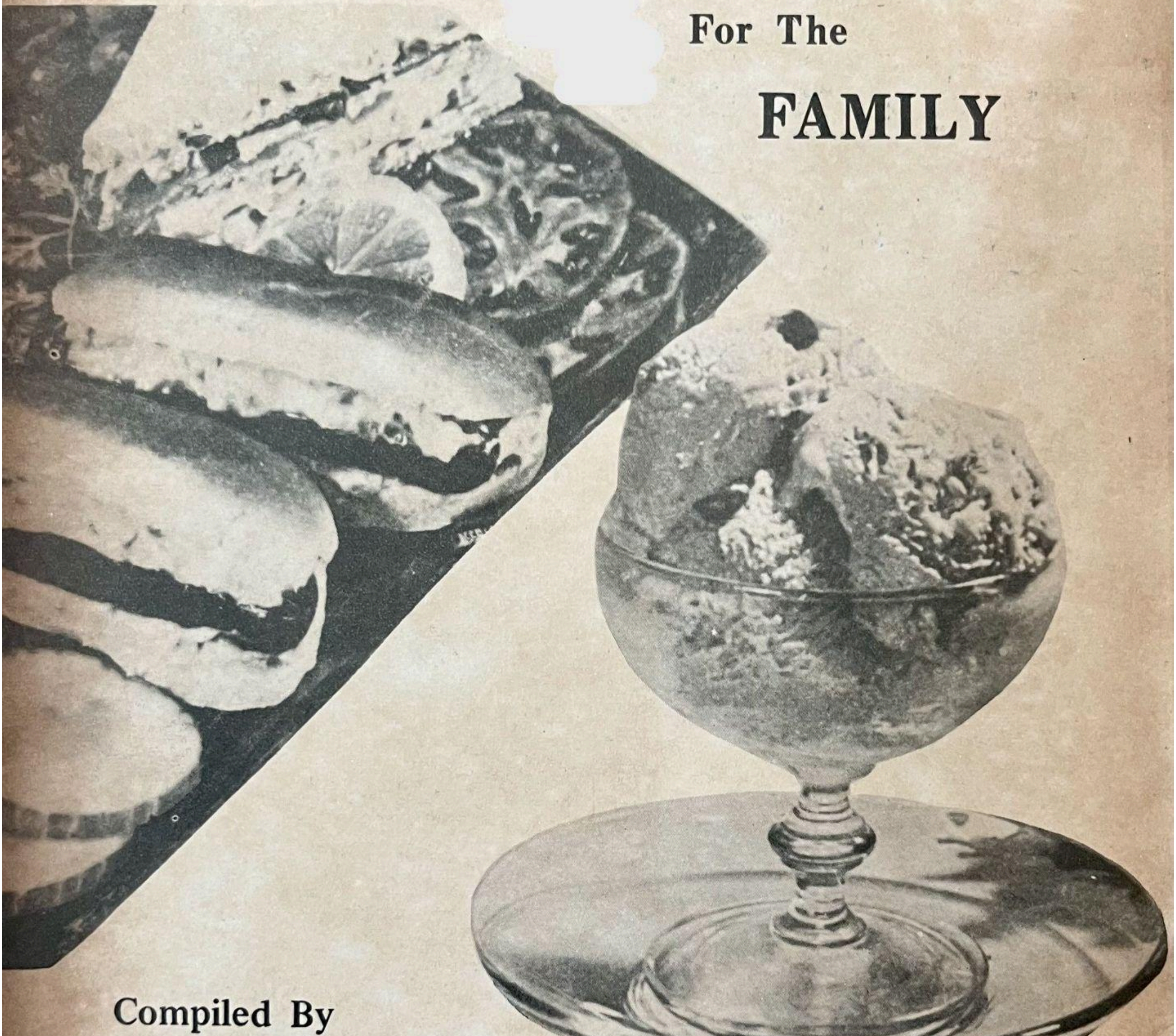
For The FAMILY



Compiled By
Marissa E. del Rosario

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PHILIPPINE BOOK COMPANY

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FOREWORD

Good cooking, selective cooking adds to good health.

Good health makes one better-looking. Rosy cheeks, a clear skin, glossy hair, erect posture, and hard muscles are signs of good health. When a person is healthy he lives longer. He becomes efficient in his work. In this way he helps his community. He becomes active and happy in the fact that he can help others. He finds joy and pleasure in living. Good health helps one to be successful in everything.

Housewives should be good cooks.

Be Thrifty With Left-overs

Save all left-over meat, gravy, or drippings. Make broth of the bones. Keep left-over cooked meat cold, and serve as sliced meat or in salad. Or use left-over meat with other foods in appetizing hot dishes such as stuffed peppers, chop suey, curry, browned hash, croquettes.

Recipes

Recipes included here are typical of hundreds of others that might be given. Those recipes in which definite quantities are stated are planned to yield five to six servings, unless otherwise noted. Other recipes are in the form of suggested combinations, with quantities left to the judgment of the cook. All measures given are level. Only simple equipment is called for, and top-of-stove cooking is given the preference because of economy in fuel. No distinction is made in the method of cooking fresh meat that has been chilled and thawed, frozen meat—both are cooked slowly with moderate heat.

Tender Roasts

Pork shoulder and spareribs, lamb shoulder and breast all make excellent roasts in the moderate price range. If you bone the shoulder, the roast will be as easy to carve as a loaf of bread. With shoulder and other bony cuts, allow from 3/4 to 1 pound of the untrimmed, unboned cut for each person to be served. However, a worth-while roast should weigh at least 3 pounds before it is trimmed and boned.

To roast a tender cut evenly, use a shallow pan with a rack in the bottom of the pan. The hot air moves more freely around the meat than in a pan with high sides. The rack in the bottom of the pan keeps the meat from sticking. Any cheap rack will do.

Start a roast with the fat side up so that it will be a self-baster. Do not add water to the pan and do not cover. Turn the meat from time to time so that all parts will cook evenly.

MAIN DISHES

The dish that gets star billing at your table – whether it's sizzling steak or tangy cheese casserole – is called the dish.

Meat, poultry, and fish most often play the main-dish role for theirs is the satisfying flavor and stick-to-the ribs quality we like when we're hungry. And they are foods that abound in high-quality protein.

Another hearty trio – milk, cheese, and eggs – are main-dish favorites. They have a special talent for combining well with other foods and provide the same good protein that's in meat, poultry, and fish. Potatoes, rice, beans, and other vegetables and cereals are also sturdy "combiners" for main dishes.

Combination main dishes

Some of the main dishes we like best are combinations. Dear to our hearts are rich brown beef stews with potatoes, dumplings, chicken with flaky rice, macaroni and cheese. Many combinations are thrifty dishes, too.

If the main dish is light and not high in protein, other protein-rich foods may be part of the menu. Here's where that milk-cheese-egg threesome comes in handy. Milk to drink, and mix, vegetables with cheese, sweets and cookies for dessert – served in such ways they help round out the meal's protein.

Meat

There's nothing else like it – the prized savoriness of meat. But all the skill of good cooking must be brought to bear on retaining this good flavor.

Beef may be cooked rare, medium, or well-done. Lamb is enjoyed either medium or well-done, but veal and pork are cooked well-done. Moderate heat is best for all meat cooking-for top of stove, oven, or broiler.

Frozen meats may be thawed before cooking or cooked without thawing first. To cook chops and steaks without thawing, allow 2 to 15 minutes longer than usual, depending on thickness. For roasts, allow 10 minutes per pound extra for lamb, 20 minutes for pork, and 25 minutes for beef.

EGGS – FOR ALL OCCASIONS

Fish with Egg Sauce

This is a "restaurant" dish but easy to prepare.

Lapu-lapu is the ideal fish for this dish, but apahap or talakitok will also do.

After cleaning the fish, boil whole, in a little water to which have been added the following: 2 teaspoons vinegar or the juice of one calamansi, a small bunch of native onions, a teaspoon of peppercorn, a small piece of ginger and salt. Boil the fish until just done, not any longer. Lift up carefully from the water and lay it on a serving platter. Set aside while you prepare the sauce.

Egg Sauce

1/3 cup butter
1/3 cup flour
1 tall can evaporated milk, diluted with
3/4 teaspoon salt
1 teaspoon Worcestershire sauce
Dash of white pepper
2 hard-boiled eggs
1/2 cup peas, if desired

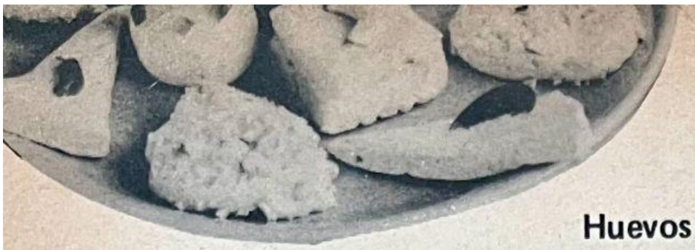
Heat the butter in a small pan, add the flour, the cooked peas and blend. Pour over the fish. Add the seasonings and cook until thickened. Add the eggs, chopped, thoroughly. Add the milk and water gradually, stirring constantly.

Poached Eggs

How would you poach eggs if you do not have a special gadget called a "poacher"? We know at least three different ways: One is to use an improvised poacher – the cover of a small tin can, for instance. You grease this tin and break an egg into it, then you lower it into boiling, salted water. Cover the pot or pan and remove from the fire. Remove tin can with egg (whose white must have set into a jelly-like mass) and invert into a saucer. Mix yolk and white with a fork or give the yolk alone.

Method No. 2 calls for boiling plenty of water with vinegar (1 tablespoon of vinegar for every 6 cups of water) and salt and pan, using a wooden spoon held in nearly an upright position, while the water is boiling vigorously. As soon as a well is formed in the middle of the water, slip an egg into this well and lower the heat. Continue cooking until egg white is set. Take out with a perforated skimmer and keep hot until the desired number of eggs are prepared.

The third method is much simple. Heat some water in a small frying pan. Break an egg into a saucer and as soon as the water reaches the boiling point, slip the egg gently into it. Repeat until the desired number of eggs are in. Remove the pan from the fire, cover and keep hot until the eggs have set to the desired degree. If the yolks are not entirely covered with water, spoon the water over them carefully until they are coated white. Remove with a skimmer or perforated ladle. Serve immediately.



Huevos (Spanish Eggs)

6 eggs
2 tablespoons minced onions
2 tablespoons green pepper
1/2 cup chopped fresh tomatoes
1/2 teaspoon salt
1/8 teaspoon cayenne
2 tablespoons melted butter
Buttered toast
1 teaspoon minced—parsley

Cook the onion and green pepper in the melted butter for 5 minutes. Add the tomatoes, salt, and cayenne. Cover closely and set on the back of the stove where they will keep hot but not cooked. Fry the eggs on both sides. Place an egg on each round of toast. Pour hot sauce over it. Garnish with minced parsley.

Ham and Eggs

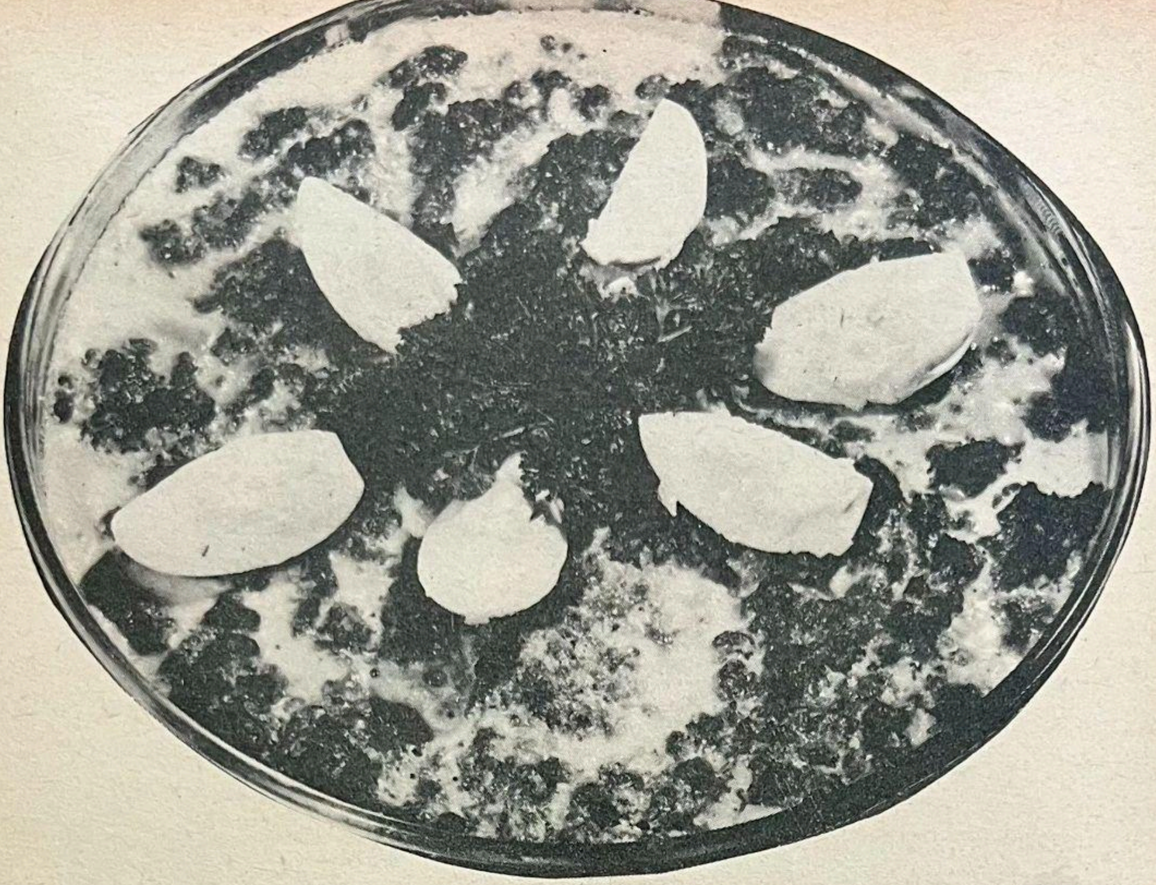
6 eggs slightly beaten
1/4 cup water
1 to 1-1/2 cups ground or chopped cooked ham
1 tablespoon onion, grated
3 tablespoons lard or butter

Combine beaten eggs, water, ham and onion. Heat lard or butter in a skillet until moderately hot. Drop egg mixture from tablespoon into fat, spreading to form flat cakes. Brown over low heat on both sides. Add salt and pepper to taste. Serve with shoestring potatoes.

Golden Eggs with Peas

1/3 cup butter
1/3 cup flour
1 tall can evaporated milk
Salt and pepper
1 cup cooked peas
1 hard-boiled egg for every person to be served
3/4 cup water

Heat butter, add flour and blend thoroughly. Add the milk (diluted with the water) and mix well. Add seasonings and cook until thick, stirring all the time. Add the eggs cut into halves and peas and heat through. Serve on toast or mound of rice and garnish with tomato wedges and parsley.

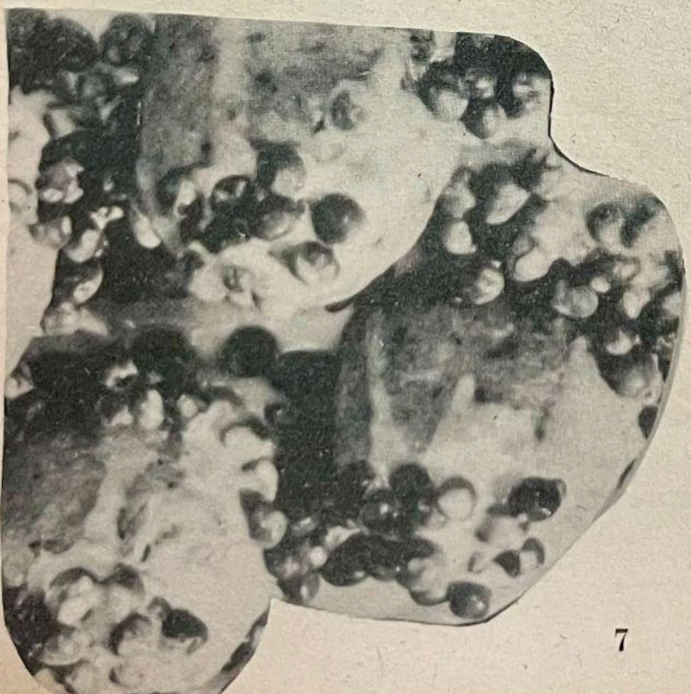


Deviled Eggs

6 hard-cooked eggs	1/2 teaspoon salt
1 teaspoon vinegar or pickle juice	1/2 teaspoon Worcestershire sauce
1/4 teaspoon dry mustard	4 tablespoons mayonnaise

Carefully cut eggs into halves lengthwise and remove yolks. Mash yolks or force through sieve. Add vinegar, seasonings and enough mayonnaise to moisten. Pile yolk mixture in the halves of egg white; sprinkle with paprika.

(Note: Add to taste other ingredients such as finely chopped parsley, chives, pickles, olives, anchovies, sauteed mushrooms, grated onion, etc.)

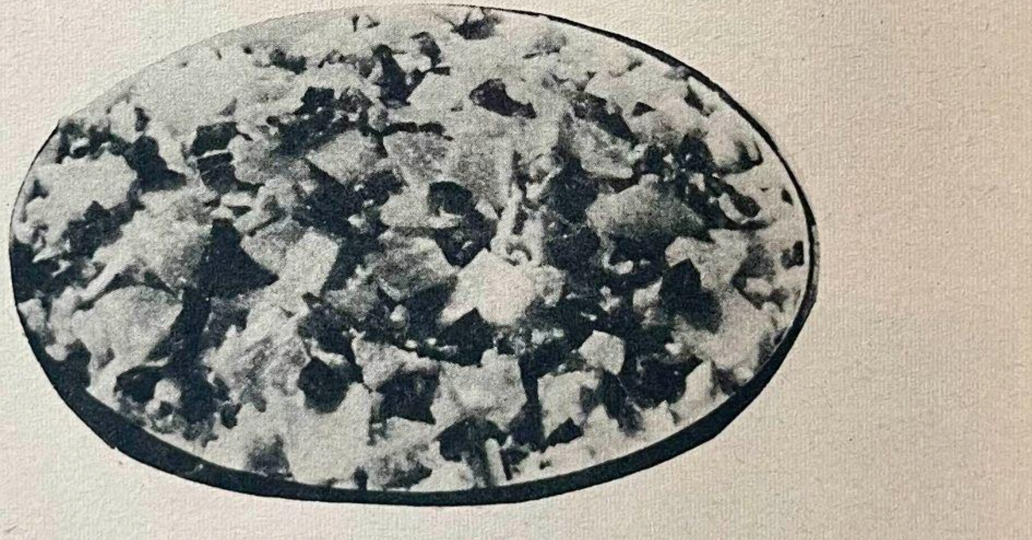


APPETIZERS FOR PEP

Sio Mai

1 cup raw shrimps, ground
1-1/4 cups ground pork (1/4 k.).
1-1/4 cups chopped apulid (1 can)
3/4 cup chopped onions
1/4 cup green onions, slice finely
2 eggs, whole
2 tsp. pepper
2 tsps. monosodium glutamate
2 cups all-purpose flour
1/4 tsp. salt
2 egg yolks
3/4 cup water

Combine pork, shrimps, apulid, chopped onions and green onion leaves, in mixing bowl. Seasons with soy sauce and pepper, and the monosodium glutamate. Add eggs whole, combining well. Set mixture aside. Make the wrapper: Sift flour and salt together in a mixing bowl. Add egg yolks to water; mix slightly. Add egg yolks-water-mixture to dry ingredients; blend, Knead dough on a floured surface until smooth and satiny. Roll out with a rolling pin until paper-thin. Cut with a floured biscuit cutter. Fill each wrapper with a tablespoon of the filling. Wrap each in a bonnet-shaped pouch. Brush each with salad oil. Arrange on a steamer and steam for about 30 minutes; using a pressure cooker, steam for 15 minutes. Serve with calamansi juice and soy sauce. Yields about 36 pieces.



Pork Relish

A favorite lazy-way with pork is to roast two kilos from the leg, slice off the outer, toyo-covered part of one meal, heat the remaining in more toyo and vinegar for the next meal, and so on, for several days. The pork is kept whole and must be boiled for hours in a mixture of water, vinegar and toyo, plus mashed garlic.

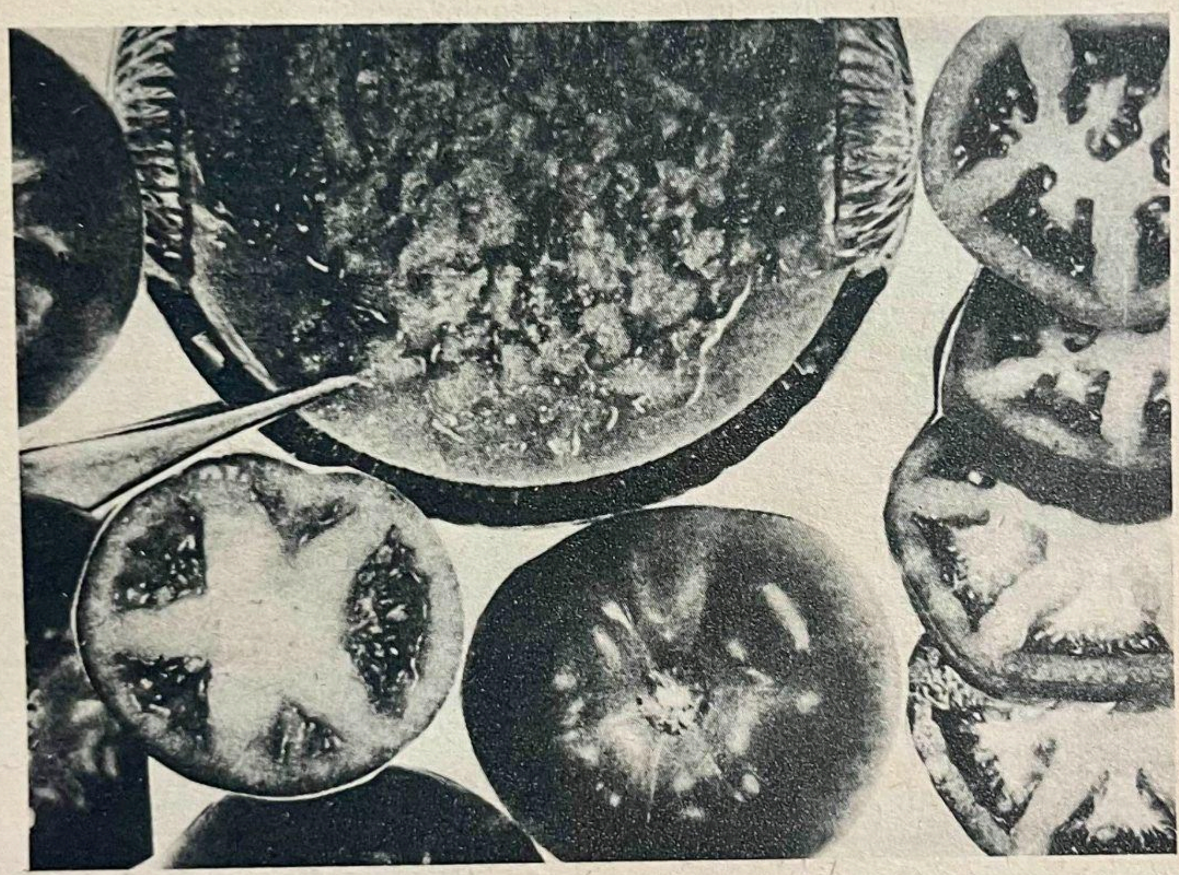
Green Tomato Pickle

Select green, firm tomatoes. Cut into halves crosswise. Remove seeds. Arrange tomatoes in a glass, earthenware, enamel or porcelain container. Pour brine solution (2 cups water and 1 cup salt) enough to cover tomatoes. Place weights (small clean stones or else broken pieces of plates will serve the purpose) to prevent the tomatoes from floating. Let stand for 2 weeks, adding 2 tablespoons salt each day for a wet cloth daily to avoid spoilage.

After two weeks wash tomatoes in several changes of water. Pack in preserving jars and pour the vinegar prepared as follows:

1 cup native vinegar (at least 4% 1 cup sugar acidity)

Boil vinegar and sugar together and strain through a piece of cloth. Pour over tomatoes. Exhaust in boiling water until the temperature inside the jar is 70°C. Seal completely.



Cherry-Pineapple Sauce

1/4 cup pineapple juice
1 tablespoon heavy cream
1 tablespoon cherry preserves
1 cup milk, whipped cream (if desired).

Stir pineapple juice and cherry preserves together in bottom of shaker. Add milk and shake well. Top with whipped cream (if used). Makes 1 serving.

Spiced Beet Relish

1 tablespoon mixed whole spices	1/2 cup sugar
1 cup water	1 bunch small beets
1 cup vinegar	1 cup sweet pickle relish

For mixed whole spices, use all spice, stick cinnamon, cloves and mustard seeds; tie in a piece of cheese cloth or sinamay and drop into the water-vinegar-sugar-mixture. Wash beets and cut stems to within an inch of the bulb; add to the spice mixture and cook until tender, adding water if liquid cooks away. Drain, remove skins, chill and chop fine.

Canned beets may be used instead of fresh ones. In this case, drain and add to spiced mixture and bring to a boil.

Emergency Pickles

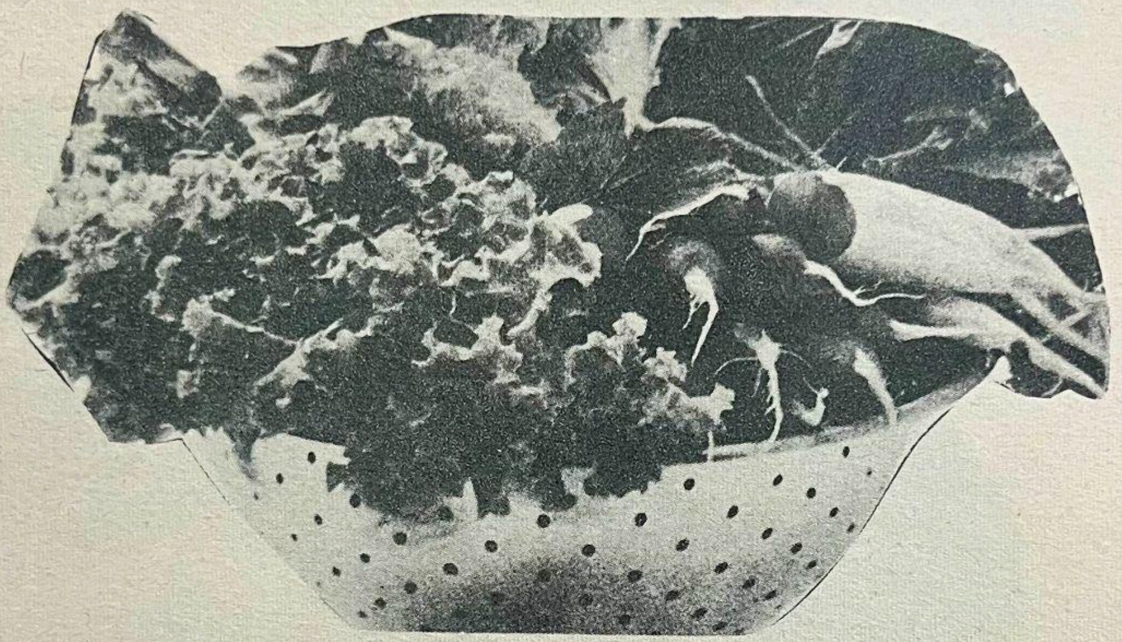
- 2 carrots, cut in strips
- 1 green pepper, chopped
- 3 onions, chopped
- 1 cup vinegar
- 1 cup string beans, cut in inch-pieces
- Salt
- 1/4 teaspoon tumeric

Combine all ingredients and cook until mixture is clear and thickened. Yield: 2 quarts. Half recipe for smaller quantity.

Colle Slaw

4 cups shredded cabbage (raw)	**1 teaspoon sugar**
1/2 cup salad dressing (bottled)	**Salt to taste**
2 tablespoons vinegar or lemon cubes	**Pepper**
1 tablespoon grated onion	

Crisp shredded cabbage in ice water if necessary. Combine salad dressing, vinegar or lemon juice, onion, sugar, salt and pepper. Drain the cabbage and mix with the dressing. Serve garnished with rings of green or red pepper to give it color appeal. If desired, the pepper, finely chopped, may be mixed with the cabbage.



Sunday Night Salad Bowl

3 cups diced cooked potatoes	**2 tomatoes, cut in wedges**
1 cup thinly sliced celery	**3 deviled eggs**
1 onion, chopped	**1 green pepper, cut into rings**
4 slices bacon, diced and cooked till crisp	

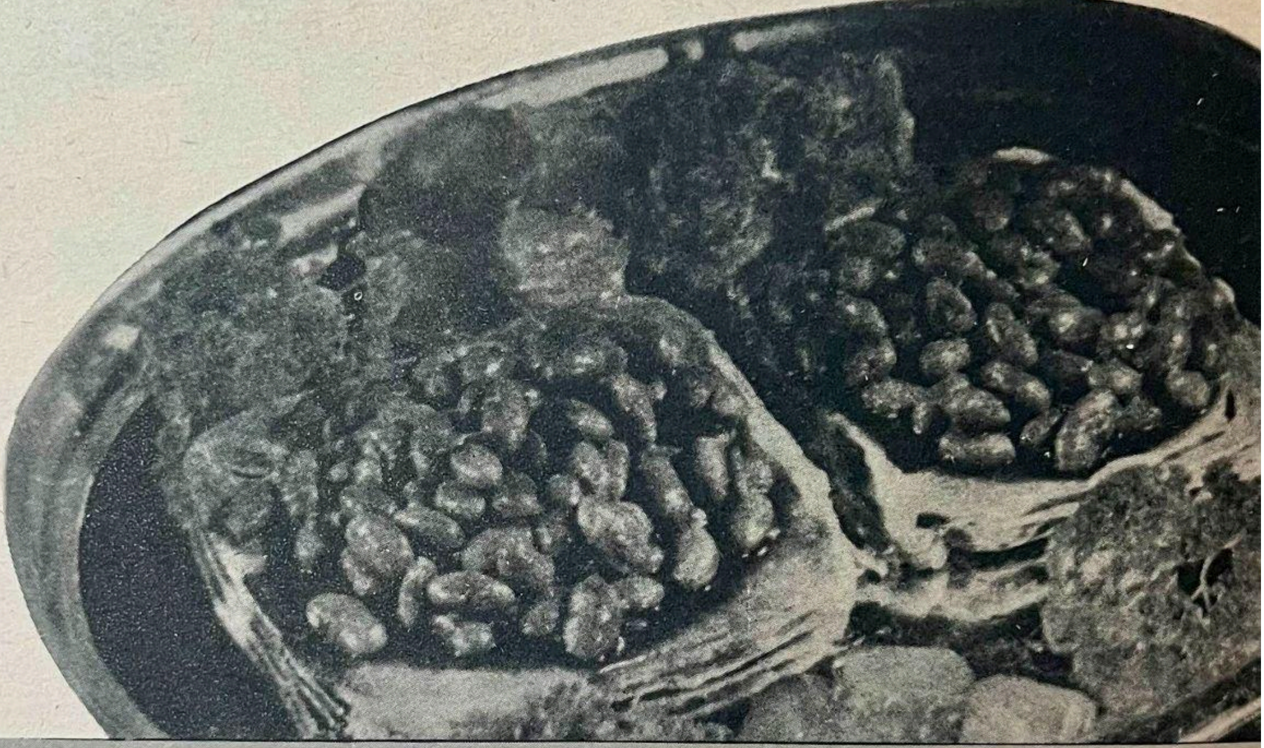
Line bowl with lettuce leaves. Mix together the potatoes, celery, onion, bacon and salt. Moisten with mayonnaise or bottled salad dressing. Pile lightly in the bowl. Garnish with tomato wedges, deviled eggs (salted eggs may be used instead) and green pepper rings.

Potato Salad

- 3 cups cooked potatoes, sliced or cubed
- 3 tablespoons grated onion
- 1 tbsp. lemon or calamansi or lime juice
- 1 tablespoon prepared mustard (optional)
- 1/2 cup chopped pickles
- 4 eggs, hard-cooked, sliced or chopped
- 1/3 cup French Dressing
- Cooked Salad Dressing (bottled)

The potatoes should be cooked with their skins on, then peeled and sliced when cold. Mix potatoes, onion, lemon juice, pickles and eggs lightly. Add the French Dressing and mix. Chill if possible. Add mayonnaise or bottled salad dressing to moisten, and season to taste. Serve in lettuce cups and garnish with sliced tomatoes.

Variations: Use chopped olives instead of pickles. Or add about 2 cups shrimps, previously boiled, peeled and marinated in French Dressing, or flaked tuna fish, or chopped cooked ham or luncheon meat.



Celebration Salad

- 2 cups cooked chicken
- 2 cups cubed cooked ham
- 1/2 cup mayonnaise or salad dressing
- Lettuce
- 2 cups diced celery
- 1 cup salted almond nut meats
- 2 hard-cooked eggs
- Pimiento

Combine chicken, ham, celery, nut meats and mayonnaise or salad dressing. Arrange on lettuce. Cut eggs lengthwise; cut pimiento in strips. Garnish salad with egg and pimiento.

CHICKEN FOR EVERYBODY

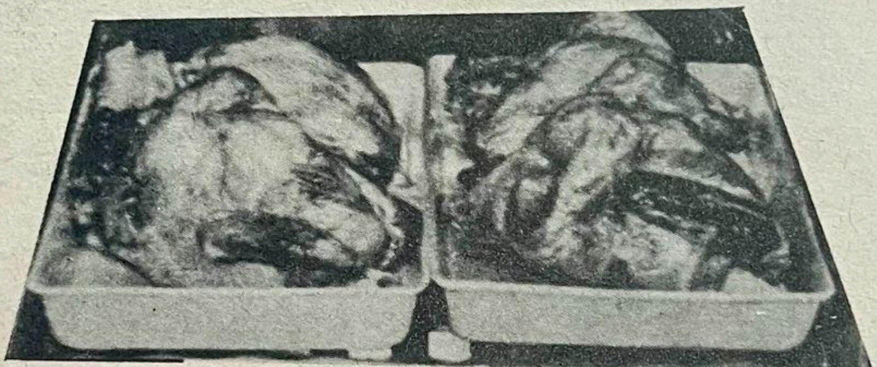
Pato Tim

- 1 medium-sized duck, dressed
- 1 can apulid
- 1 can Chinese mushrooms
- 1 can asparagus
- 1 onion head
- 2 tbsps. soy sauce
- 1/2 cup cooking oil
- 1/2 cup all-purpose flour, for dredging
- 1 tbsps. sugar
- 1/2 tsp. black pepper
- 3 calamansi
- 1 tbsps. salt
- 2 tbsps. monosodium glutamate

Wash and clean the duck thoroughly with crushed ginger. Drain. Marinate with the following ingredients: salt, pepper, soy sauce, sugar, vet-sin and calamansi juice. Soak for 1/2 hour.

Heat cooking oil in skillet, and dredge the bird with flour. Fry until golden brown. Transfer to a pressure cooker. Add 3 cups water, or stock if desired. Cook for 40-50 minutes at 15-lbs. gauze.

Meanwhile, sauce the apulid, mushrooms, and onion in little oil. Cook till soft but do not brown. Pour over the duck. Transfer to a platter and garnish with asparagus. Serve hot.



Chicken a la King

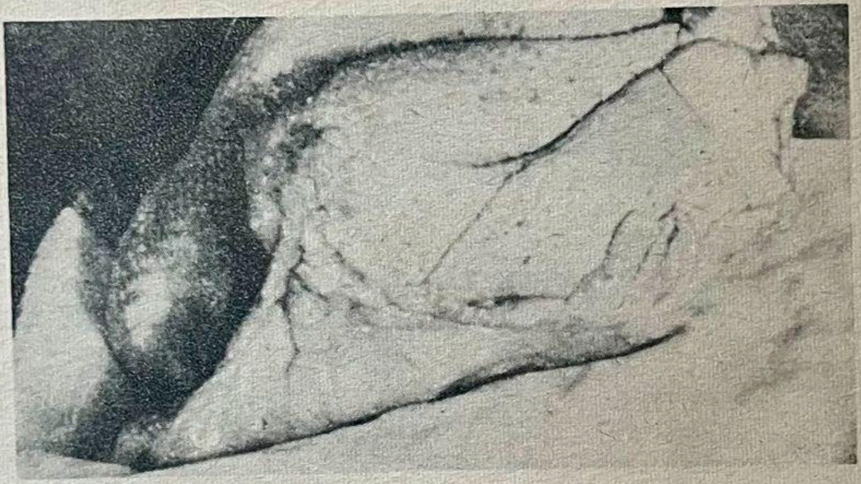
- 1 chicken (young) cut into serving pieces
- 4 cups water
- 1 teaspoon salt
- 2 tablespoons lard or butter
- 2 cloves garlic (crushed)
- 4 tablespoons flour
- 1 onion, cut into pieces
- 1 red pepper, cut fine
- 1 green pepper, cut fine
- 1 can cream of mushroom soup

Boil chicken in water with a little salt until tender. Saute garlic until brown. Put flour into very hot lard and stir mixture to golden brown paste. Add onion and finely cut sweet pepper, and cook for 5 minutes. Add boiled chicken together with broth cook until thick. Add cream of mushroom soup. Season with salt. Cook 10 minutes. 8-10 servings.

Chicken Pie

1 large or 2 small chickens
1/2 pound of ham or bacon
2 hard-boiled eggs, veal forcemeat balls
3/4 of a pint of chicken stock
1 yolk of eggs
Salt and pepper
Puff-paste

Divide the chickens into neat joints, cut off the legs and wings at the first joint, and boil these with the backbones, necks and gizzards for about 2 hours, then strain and use for stock. Parboil the livers, chop them very fine, and mix them with the foremeat. Cut the ham into strips, and the eggs into section or slices. Place the pieces of chicken and the prepared ingredients in layers in a pie-dish, season carefully with salt and pepper, fill the dish three-quarters-full with stock. Roll out the paste, cover the pie-dish with it, ornament, and brush over the yolk of egg. Bake from 1-1/4 to 1-1/2 hours, in a quick oven, until the paste has risen and set, and then more slowly. Before serving, add the remainder of the hot stock to the pie. If preferred, the bones may be removed and the pieces stuffed with sausage – meat, or the veal-force meat may be used for this purpose instead of being made into balls. Makes 7 to 8 serving.



Holiday Turkey

1 dressed turkey
1/4 kilo chopped pork meat
1 can vienna sausage
4 tbs. relish pickles
5 slices soaked bread in milk
5 tbsps. refined sugar
1 chorizo de bilbao
6 chopped olives
3 eggs
1/4 c. cheese

Marinate the turkey in white wine and a little toyo. The following day stuff it by mixing the above ingredients. Season with salt and pepper. Sew the opening. Brush well with lard and place on a roasting pan. Roast at 300°F until done, basting from time to time.

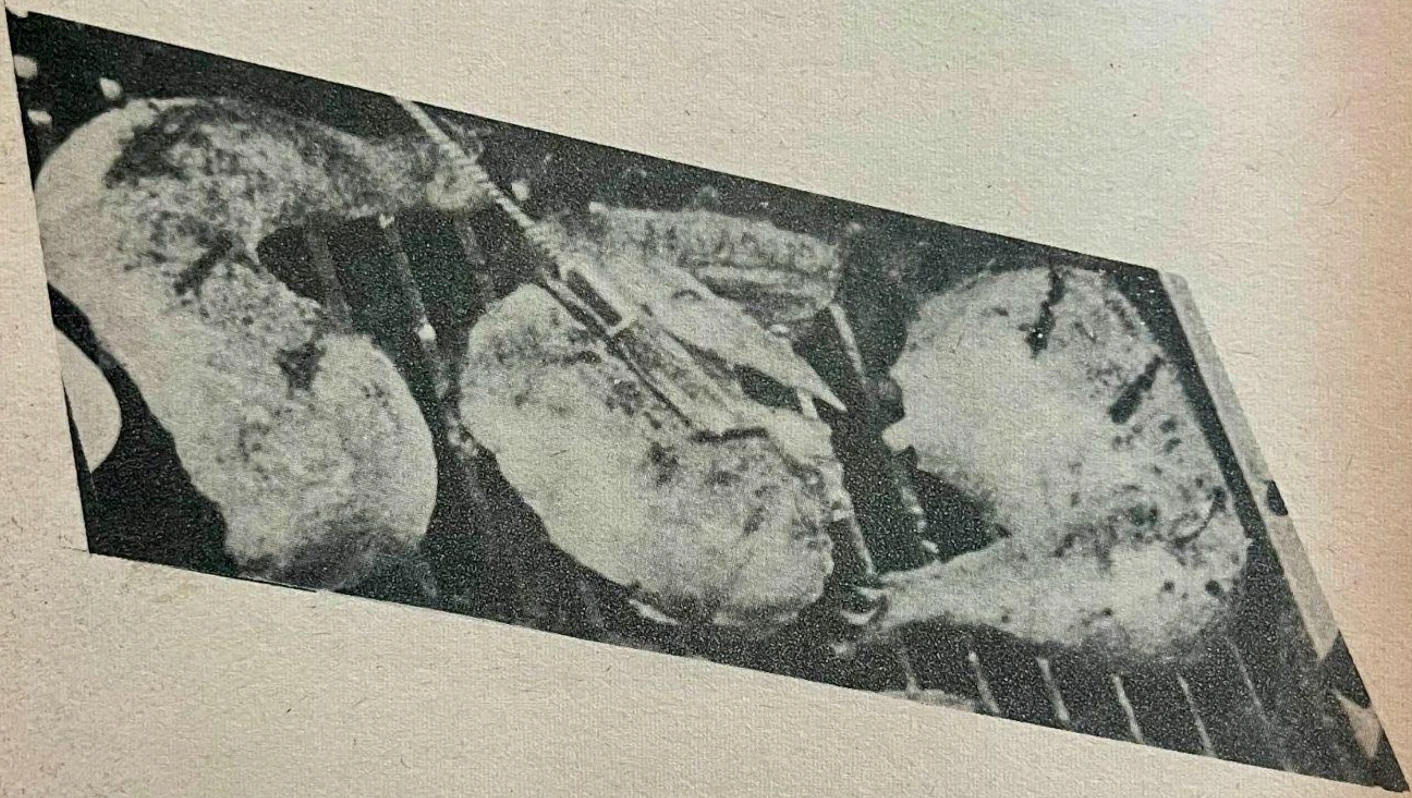
GRAVY: – In a sauce pan place 2 tablespoons flour, 2 tablespoons butter and add the drippings of the turkey mixed with 1 cup water. Season with salt, pepper. Add chopped mushrooms and celery if desired. Serve with cranberry sauce and mashed potatoes.

Chopsticks Chicken Livers

1/2 kilo chicken livers	**1/2 cup water**
4 rashers bacon, cut into 1-inch strips	**1/2 cup coarsely shredded carrots**
2 cloves garlic, crushed	**1/2 teaspoon salt**
2 tablespoons finely chopped green onions	**1/8 teaspoon pepper**
3 cups coarsely shredded cabbage	**1 cup shredded Kraft Cheddar Cheese (4 oz.)**

Heat bacon strips over low fire until crisp. Push to one side and saute garlic. Add chicken livers, water and green onions. Do not stir. Mix in shredded cheese and continue cooking until vegetables are tender-crisp and the cheese melts. Serve warm.

5 to 6 servings.



Broiled Chicken

Take a 2-1/2 pound chicken. Clean, remove pinfeathers, wash, dry on absorbent paper and dissect as for a fricassee. Rub with lemon juice, then with a little melted margarine. Dust with flour, salt, and pepper. Place in a preheated broiler 3 inches from the heat, and slow-broil allowing about 20 minutes. Turn occasionally to ensure even browning, and baste with extra melted margarine.

Serve with or without cream sauce containing chopped egg; or use mushroom sauce.

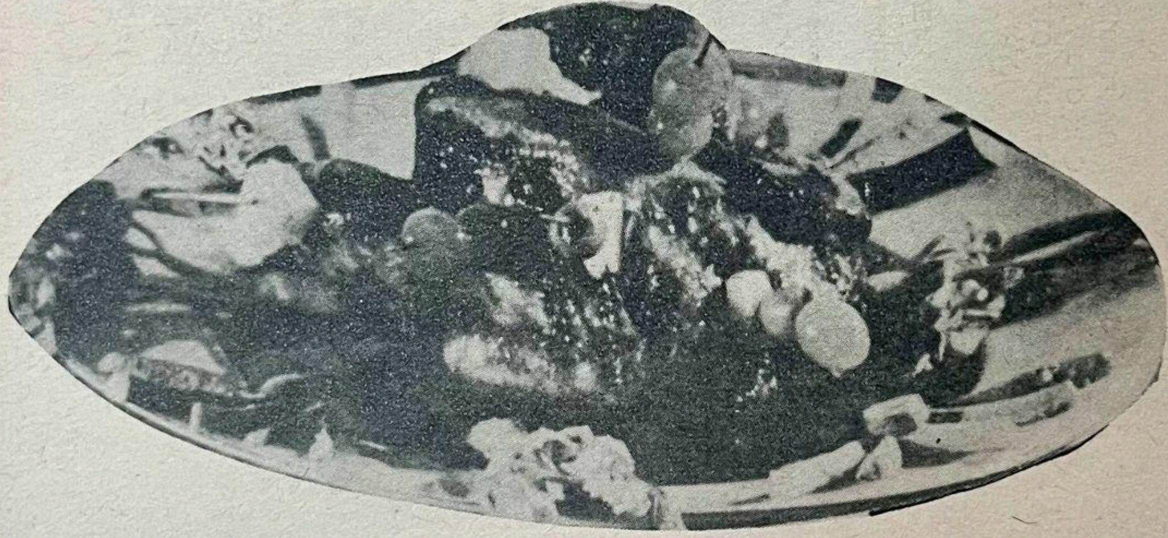
Pollo Del Jardin de San Marcos

1 chicken cut into serving pieces
1/2 kilo potatoes
1/2 cup olive oil
1 lettuce
12 chopped tomatoes
Salt and ground pepper
Black pepper corns
2 chopped onions
10 pickled green chiles
3 chorizos, sliced
4 tbsp. vinegar
Oregano and stick
Cinnamon

Clean the chicken and cut into serving pieces. Season with salt and pepper. Fry in deep fat until golden brown. In a separate pan fry potatoes. Set aside.

Saute garlic, onions and tomatoes. Add 4 tbsp. vinegar, piece of cinammon and black pepper corns. Add a piece of oregano and fried chorizo.

Place chicken in this sauce and cook until tender. Arrange chicken side by side in a big platter. Pour sauce over it and garnish with lettuce leaves, pickled green chiles, potatoes and sliced fried chorizos.



Baño Maria

1 chicken, boiled and flaked
1/2 k. fresh shrimps, boiled
1 onion
1 c. peas
1 c. nestle's creme
2 hard boiled eggs
2 eggs, mixed with 1 tbsps. cornstarch
1 box raisins
2 tbsps. grated cheese
Salt and vetsin

Put cooking oil in two molding cans for "leche plan". Cover the cans with wax paper. Cut the hard boiled eggs and place on the cans. Mix the other ingredients, then pour into the molding cans. Steam, just like cooking "leche plan".

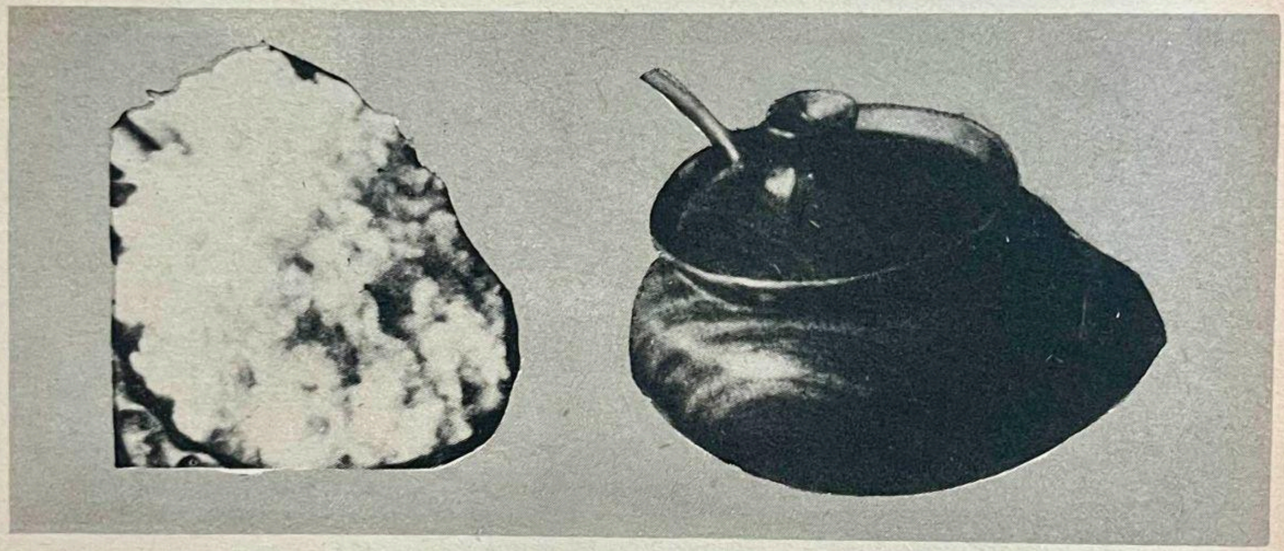
RELIABLE, TASTY RICE RECIPES

Fish Curry and Rice

1 medium-sized fish
1 tsp. flour
1 tsp. curry powder
1 tsp. lemon juice
2 tbsps. butter
1 tbsp. minced onion
1/4 cup coconut milk
1-1/4 cup water
1 tsp. salt
Pinch of black pepper

Cook fish for 5 minutes in 1/2 cup of water, 1/2 tsp. salt and a pinch pepper. Drain and lay aside.

Fry onion in butter and add water in which a tsp. of flour has been dissolved. Boil 2 minutes. Add curry powder, lemon juice, salt and fish; boil 10 minutes till the gravy thickens. Add coconut milk to which was added 1/4 cup water, and continue boiling 3 minutes. Lay the fish on a platter, pour gravy over it, and arrange mounds of boiled rice on either side of fish.



Chicken Curry with Rice

1 chicken, cut into serving pieces
1 tablespoon curry powder
1/2 cup pure coconut oil
1/4 cup cooking oil
Salt and pepper to taste
2-1/2 cups diluted coconut milk
1 onion, chopped
2 cloves garlic, crushed
2 chili peppers, sliced

Saute onion, garlic, and chili pepper in hot oil. Add chicken, diluted coconut milk, and curry powder. Cook over low fire until sauce is thick.

Add pure coconut milk. Season with salt and pepper. Continue cooking till almost dry.

To serve: pour inside rice ring mold. Garnish with chopped salted peanuts, pickles, raisins, chopped crisp bacon, and chopped hard-boiled eggs.

Ukoy

2 cups galapong with liquid
1 egg
1/2 kilo blanched shrimps
1/4 cup prepared achuete
1-1/2 tsp. monosodium glutamate
2 tbsps. green onions, chopped
1 tsp. vetsin
2 tbsps. salt
1/2 tsp. pepper
1/2 cup shrimp juice
Alamang patis, for seasoning
3 cartons of 1-lb. lard for deep hot frying

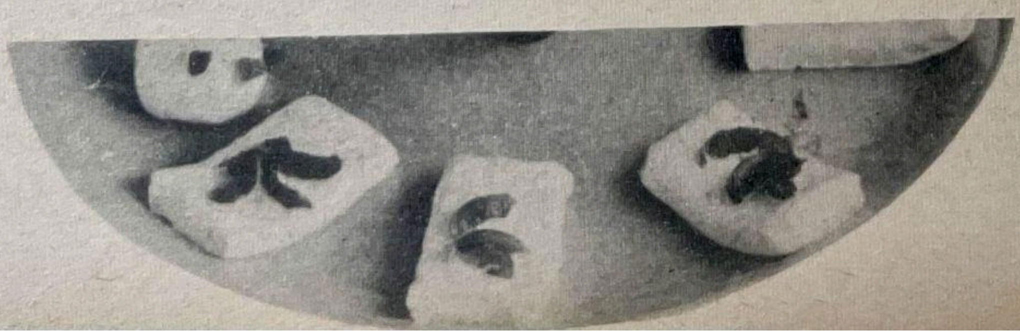
First, prepare the batter by mixing the galapong, baking powder, shrimp juice and beaten egg. Be sure to get the right consistency by getting a good blend. Next, get your carajay or skillet ready and melt the shortening. Season the batter with salt and pepper or for a more authentic touch, use the very finest alamang patis. Add the achuete solution for coloring, vetsin, and onion juice.

When the shortening has reached the proper heat in the carajay, use a coffee cup or a large ladle and drop the batter into the lard by making the drops go round the rim of the carajay, dropping into the heated shortening. Working very fast, as soon as the bubbles disappear and the batter rises to the surface, use two large sianses to form a whole mound in the center. Bring this together to adhere and fry till brown. When brown, you may either fry the shrimp before using it as garnish or serve it with the batter in its blanched state. For added garnish, add the minced green onion and serve hot with a tangy sauce. You might try serving this without the shrimp as a cocktail tid-bit. Unusual, appetizing, economical.

Arroz Blanco

1-1/2 cups enriched rice
4 tablespoons lard
3 tablespoons butter
1/2 cup cream cheese
1/2 teaspoon onion juice
1 cup milk
6 fresh small green peppers
1/2 cup canned peas
Salt and pepper
2 cups cold water

Soak the rice in hot water for 15 minutes. Wash it in cold water till it appears clear and clean. Drain. Fry rice with onion until slightly brown and add a pint of water. When dry, add the milk and salt to taste; cook 10 minutes more and add the canned peas, skinless and seedless peppers, and cream cheese. Cover the pan and allow to cook in a low fire till soft and dry or till each grain separates from the other; add melted butter and serve immediately on a platter.



DELICIOUS RECIPES FOR SEA FOODS

Crabmeat Patties

3 tbsps. butter or margarine
1 tsp. finely chopped onions
3 tbsps. flour
1 cup powdered milk
2 cups cooked crab meat
1/4 tsp. Worcestershire sauce if desired
1/2 tsp. salt
1 egg, slightly beaten
1 cup bread crumbs or more

Melt butter or margarine. Add chopped onions and sauce for 2 minutes. Add flour and cook 1 minute. Add powdered milk and cook, stirring constantly, until very thick. Cool and add all ingredients except egg and crumbs. Form mixture into patties. Dip in crumbs; then in egg; then in crumbs again. Fry until brown in deep hot fat. Drain and serve with desired sauce.

Bola-Bola Turtle Soup

2 cups green dried peas
1 fresh turtle
1-1/2 pt. bouillon stock
1/2 leek
2 onions
1/2 fresh cream

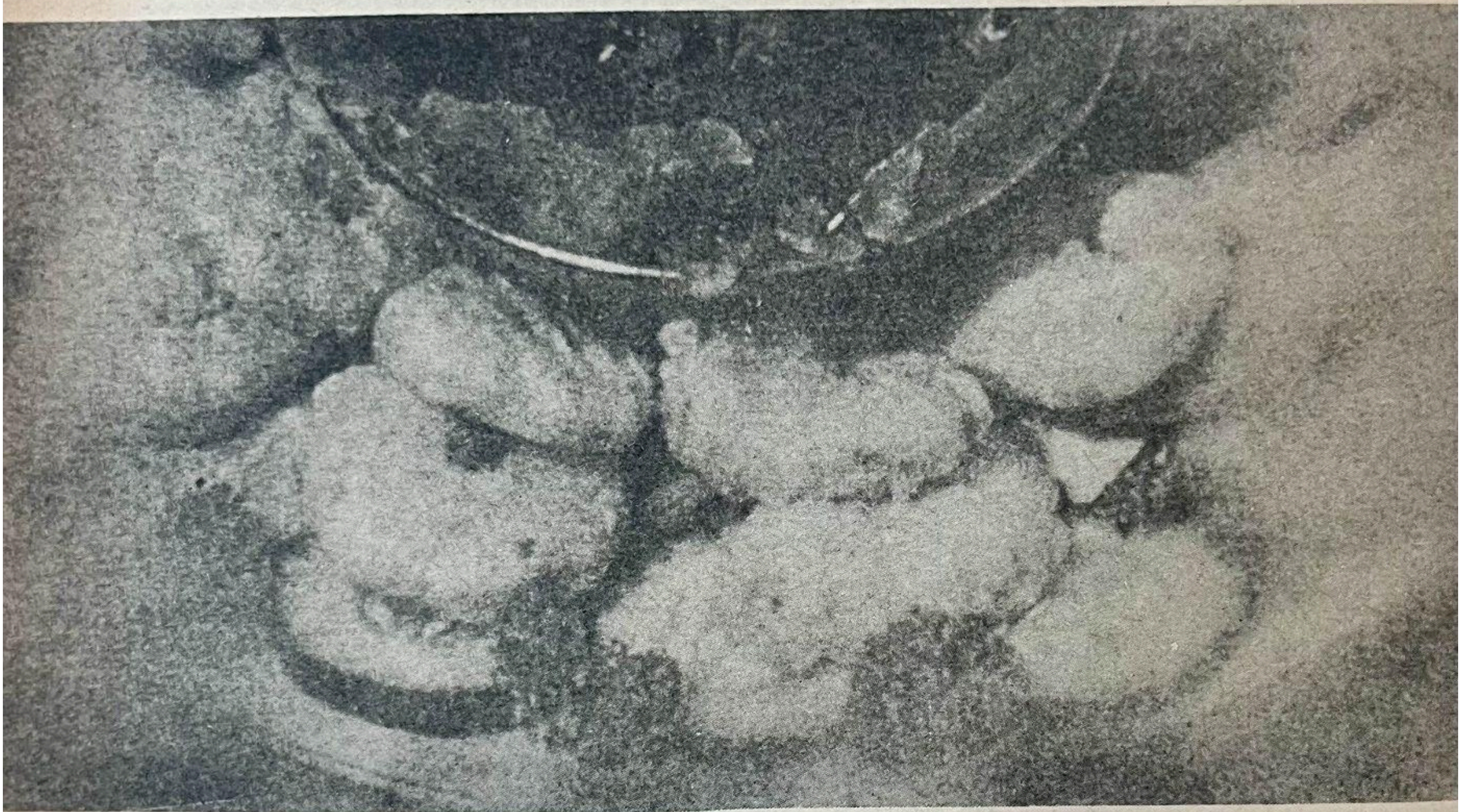
Soak the peas for 5 to 6 hours; put them in with the cold stock, cut leek and onions. Cook until tender and strain. The turtle is to be cooked separately; then cut the meat into small cubes, add to the soup and cook again for about 15 minutes. Add 1 spoon of vinegar. Pour freshly whipped cream on the top and bake in the oven.

[redacted]

Clam-Chicken Jumbo

- **3 cups cooked tulya**
- **3 cups diced chicken meat, boiled**
- **1 can diced carrot**
- **1 can diced beets**
- **1 can diced pineapple**
- **2 tablespoons refined sugar**
- **1 kilo diced potatoes, cooked**
- **1/4 kilo cooked string beans, sliced**
- **2 cups mayonnaise**
- **Salt to taste**

Combine clams and chicken, tossing all together lightly with mayonnaise. Add sugar and season with salt. Chill. Place on a bed of green and garnish with sprigs of parsley.



Shrimp Curry

- **1 kilo fresh shrimps**
- **4 tbsp. curry powder**
- **1 clove minced garlic**
- **2 onions, sliced**
- **1 fresh coconut**

Steam unpeeled shrimps over boiling water for ten minutes. Cool shrimps, remove heads and shells, leaving the tails. Put the heads and shells into a cup of boiling water.

Saute garlic in about 3 tbsp. of shortening, then add the onions until lightly done, before putting the shrimps in. When the shrimps are done, add the curry powder. Cook slowly, adding coconut milk, and strained shrimp liquid to taste. Let boil until sauce is thick.

Serve with rice, French fried onion rings, peanuts, hard boiled eggs, grated fresh coconut and mango chutney.

Rellenong Alimango

6 crabs, cooked
5 tbsps. shortening
1 onion, chopped fine
2 tomatoes, chopped fine
2 potatoes, diced fine
5 eggs, beaten
Bread crumbs
Salt & pepper to taste

Remove meat of crabs. Fry the potatoes. Saute onion in 1 tbsp. shortening and when tender, add the tomatoes and then the crab meat and potatoes. Season to taste.

Clean each crab shell and moisten with a little beaten egg. Fill with crab meat mixture and pack firmly. Dust top with bread crumbs and dip in beaten eggs. Fry top side down in hot shortening.

Sweet sour sauce

1/4 cup vinegar
1/4 cup water
2 tbsps. refined sugar
2 tbsps. cornstarch
2 tbsps. soy sauce
Salt to taste

Boil cornstarch in water, stirring constantly. When mixture thickens, pour in vinegar and add soy sauce, sugar and salt. Stir until consistency desired is achieved, and remove immediately from fire.

Torta De Cangrejo

1 cup crabmeat (save fat of crab for sauce)
1/3 cup onions
3 eggs
2 tbsps. soy sauce
5 tbsps. lard
1 tsp. monosodium glutamate
2 tbsps. camote starch or cornstarch dissolved in 1 tbsp. of water
Pinch of salt

Cut the onions in thick slices and sauce in lard until cooked. Add the crabmeat and salt and cook for one minute more. Stir in the beaten eggs until cooked. (Add more shortening before putting in the beaten egg). Place in a platter.

Dissolve the fat in about 1/4 cup water. Cook the fat mixture in the frying pan together with the soy sauce. When boiling add the camote or cornstarch to thicken the sauce. Pour sauce over the crab omelette.

If crab has no fat, pound the claws and add water to get the juice equivalent to 1/4 cup.

Shrimps Bahamas

1 lb. raw shrimps
2 slices pineapple
2 bananas
1 soup spoon curry powder
Cayenne pepper, salt
4 soup spoons Irish Whiskey
1 oz. olive oil
1 oz. butter
2 oz. fresh cream

Marinate the raw shrimps with olive oil and cayenne for 3 hours and fry slowly in butter. Flambe the shrimps with Whiskey. Add a few pinches of flour, and pour fresh cream and some fish stock into it. Cut the pineapple and banana into pieces (not too small) and add to the shrimps, then put in the curry powder and salt and cook for 10 minutes. Serve with white rice.

Paksiw na Hasa-Hasa

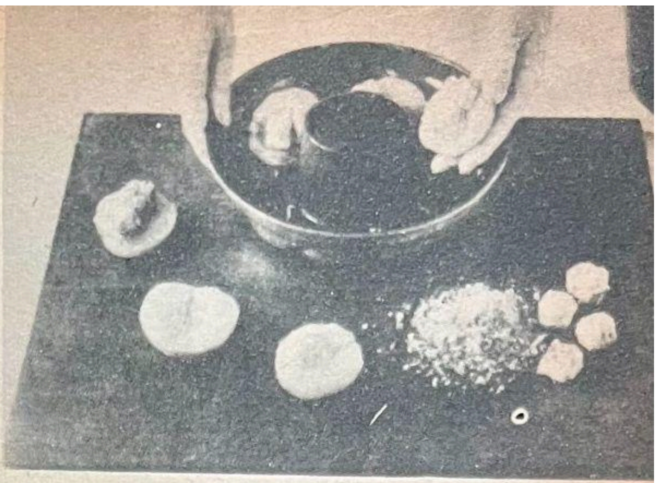
4 hasa-hasa
A pinch of salt
1 c. vinegar
1 pc. ginger

Clean the hasa-hasa and rub with salt. Place in saucepan and add the vinegar, salt and ginger. Boil until it is cooked. Serve with patis and bagoong.

Rellenong Hipon

20 medium-sized shrimps
6 tablespoons chopped pork
1 section garlic, chopped fine
1 tablespoon minced onion
2 tablespoons minced mushrooms
3 tablespoons water chestnuts,cut fine
1 tablespoon flour
1 tablespoon finely cut onion leaves
2 regular sized tomatoes
2 tablespoons lard
2 eggs
A pinch of pepper
Salt
A few drops of lemon

Blanch the shrimp in boiling water. Remove the shells from 10 shrimps, leaving the heads and tails intact. Make a deep cut at the center of the back, in a straight line from the head to tail. Sprinkle with a pepper, salt and drops of lemon. Saute the garlic, onion and tomatoes. Add the meat of the 10 remaining clean shrimps mixed with the chopped pork, chopped mushrooms and water chestnuts.



Fried Sapsap

12 sapsap	**4 tbsp. lard**
A pinch of salt	

Clean the sapsap thoroughly. Heat the frying pan. Fry the sapsap until brown. Remove from the fire. Serve with tomatoes.

Paksiw na Bia

2 bia	**1 c. vinegar**
A pinch of salt	**1 pc. ginger**

Clean and wash the fish. Place in a saucepan; add vinegar, salt and ginger. Boil until it is cooked. Serve with bagoong or patis.

Escabecheng Hito

3 hito	**Lard for frying**
A pinch of salt	**A piece of ginger**
3 tbsps. sugar	**1 slice garlic**

Clean the fish and rub with salt. Make the slits in the body crosswise. Fry in deep hot fat. Remove from fat when brown. Dissolve the sugar in water. Saute the hito in a little lard and ginger. Then add the dissolved sugar. Remove from fire after it has boiled once.

Inutuk na Alimango

6 fresh crabs, preferably female	1 whole coconut, grated
2 medium-sized onions	Salt & pepper to taste
1/4 ginger, chopped	Fat for sauteeing
Yellow ginger, pounded & juice extracted	

Select nice fat female crabs and clean. Remove the shells, taking care not to break them. Cut off the claws, set aside. Take out the fat (aligue), put in a mixing bowl, and mix with half of the grated coconut. Mix in the ginger juice and add salt and pepper to taste. Wrap aligue mixture in banana leaves and tie with string. Set aside. Cut the unshelled crabs into 4 quarters. Put back the shell over the quartered crab and arrange claws in normal position. Saute chopped onion and ginger in fat in a casserole. Put in the arranged crabs. Put on top the aligue mixture wrapped in banana leaves. Extract the juice of the remaining grated coconut and pour this coconut milk over the crabs in the casserole. Cover and simmer till crabs are red in color and done. When ready to serve arrange on a platter with the aligue mixture on one side. Pour over juice in casserole.

Fish in Sauce Tartari

1 medium-sized fish
3 medium-sized tomatoes
2 onions
2 tbsps. vinegar
3 tbsps. oil
4 tbsps. water

Place the fish on the pan and on top put mixture of onion and tomatoes. Also pour water, vinegar, oil and a little salt. Simmer the fish. When cooked, put on a platter with a bed of lettuce underneath, then pour the following sauce on top:

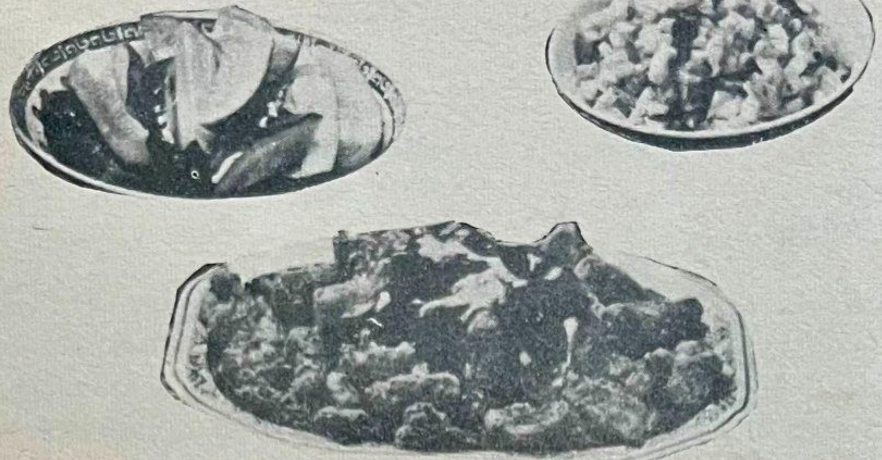
1 egg yolk
1 c. oil
1/4 c. vinegar
Lemon juice
1/4 c. sweet pickles
1/4 c. olive
1/4 c. capers

Prepare as for mayonnaise. Other ingredients should all be chopped and added to the mayonnaise. Then pour over the fish and garnish.

Buko with Crabs

2 tablespoons cooking oil
1 teaspoon garlic
2 tablespoons slice onion
1/4 cup sliced tomatoes
2-1/2 cups grated buko meat
1 cup coconut water
2-1/4 teaspoons salt
3 pieces boiled crabs cut into halves
2 tablespoons green onion

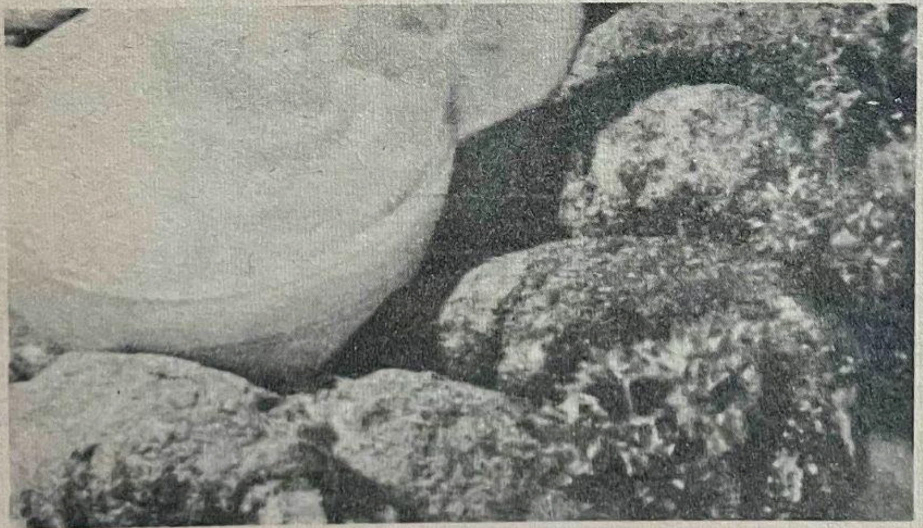
Saute garlic, onion, tomatoes and buko. Add water and season with salt. Add crabs. Cover and cook 10 minutes. Drop green onions and cook two minutes longer before removing from fire. 6 servings.



Fish Cutlet

7 labajita (4-1/2 wide)
2 tbsps. calamansi juice
1/2 c. grated cheese
Salt and pepper
1 c. bread crumbs
10 tbsps. lard
3 eggs

Season the fish with salt and pepper and soak for 10 minutes in calamansi juice. Beat the yolk and whites of eggs separately till the whites become light and yolks are light and creamy. Mix the yolks and the whites and beat again. Knoll the fish in grated cheese and bread crumbs, dip in well beaten eggs and soak once more to a mixture of cheese and bread crumbs. Fry in a deep hot fat till done. With delicious tomato catsup, serve it hot. Service for seven.



Stuffed Bangus

1 bangus
2 cloves garlic
1/2 onion
Salt and pepper
1/4 c. evaporated milk
1 tsp. lemon juice
1 tsp. tomato or catsup
1/4 c. cheese (grated)
1/2 c. toyo

Scale the fish, slit the back, and remove inside. Wash skin, then soak in toyo. Boil meat in salted water. Remove the bone and flake the fish. Saute onions and garlic adding fish, tomato catsup, milk, salt, pepper and lemon juice. Remove from fire. Add eggs and cheese. Stuffed skin, using hard boiled egg and sew up. Dredge with flour and fry.

Chinese Escabeche

1 small apahap
10 Chinese apulid
1/2 c. brown sugar
3 native pepper
1/4 c. pork
5 slices ham
1/2 mushroom
3 med. size potatoes
1/4 c. starch
1/3 c. vinegar

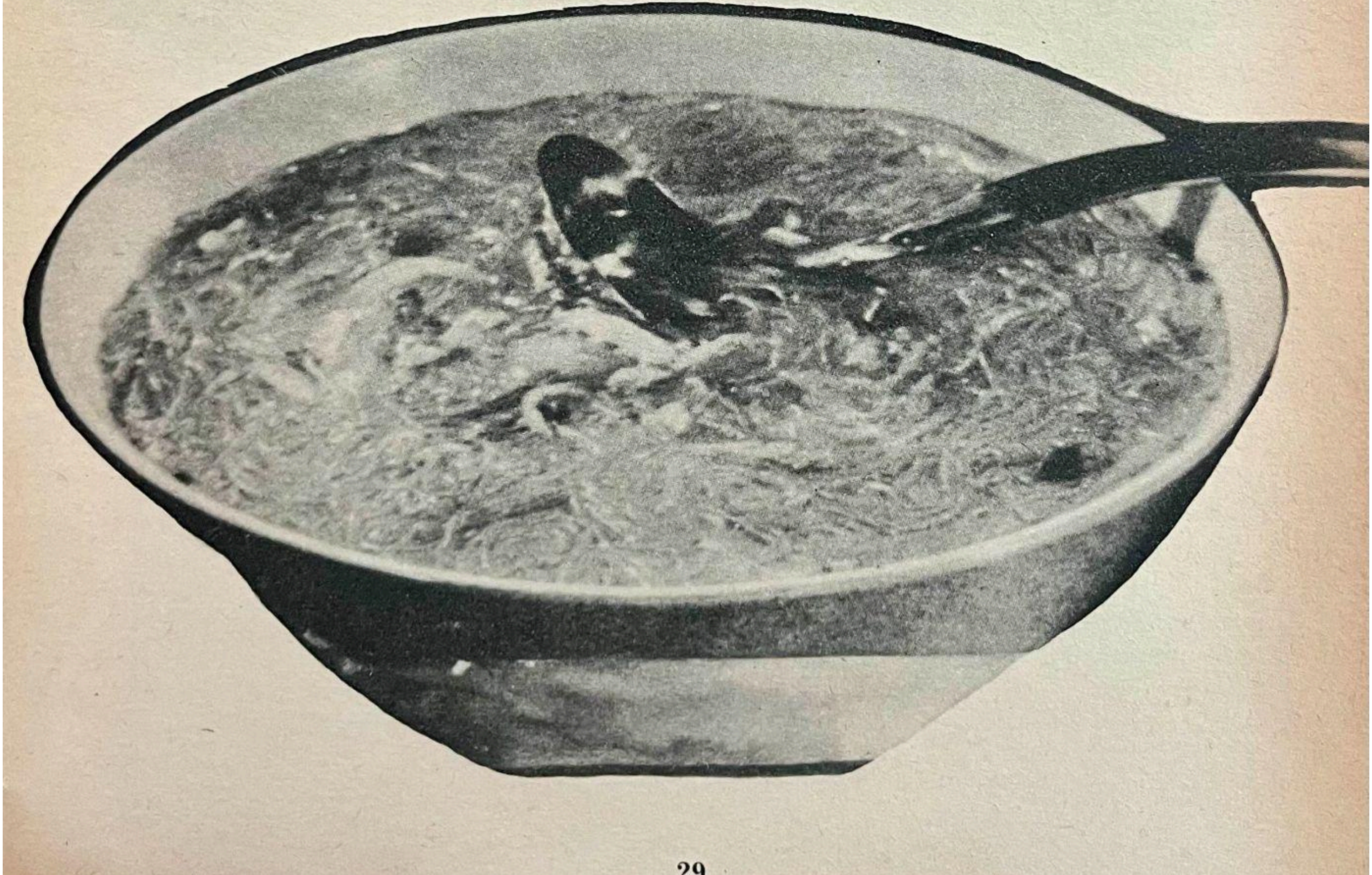
Saute garlic, apulid, mushroom, onion, pork, tomatoes and ham together. When done, add vinegar. Later add toyo and sugar. Set to boil once. Add to the mixture, starch which has been dissolved in water. When half-cooked, drop the slightly fried fish. Put on a platter and serve hot.

CHILDREN'S DELIGHT – MACARONI, SPAGHETTI AND PANSIT

Quick Italian Spaghetti

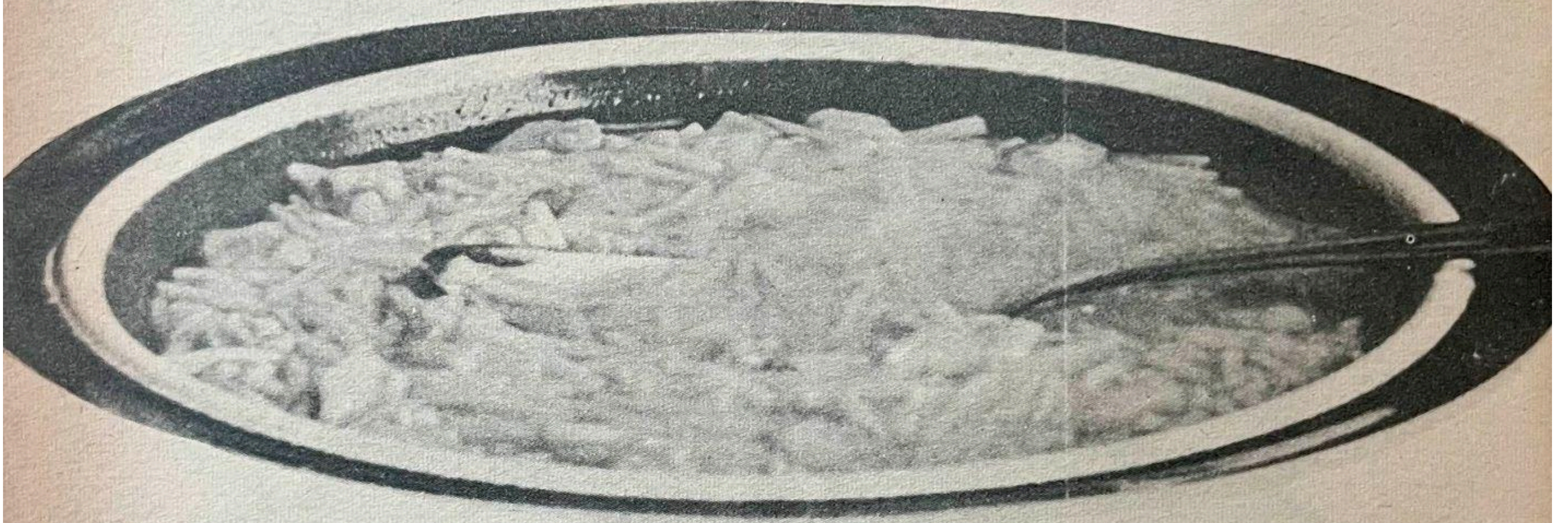
1/4 lb. sliced bacon
3/4 cup thinly sliced, peeled onion
1/2 lb. chuck beef, ground
1 tsp. salt
1/8 tsp. pepper
1 tsp. Worcestershire sauce
2 tsp. granulated sugar
3/8-oz. tomato sauce
1/4 cup sliced stuffed or ripe olives
1/2 lb. raw thin spaghetti
Parmesan cheese, grated

Cut bacon in 1" pieces. Place in large skillet, and cook until lightly browned. Pour off excess fat. Return bacon to heat; add onion and beef. Cook until brown, breaking up beef into small pieces as it cooks. Add salt and next 4 ingredients; cover; simmer over very low heat 20 min. Add olives. Simmer 15 min. longer. Meanwhile, cook spaghetti. Pour sauce over spaghetti; sprinkle lightly with cheese. Makes 3 to 4 generous servings.



How To Cook Spaghetti

For 6 oz. raw thin spaghetti, bring 2 qts. water to boil in large kettle. Add 2 tsp. salt (also celery seed or an onion slice, if desired). Slowly dip ends of spaghetti into boiling water, pushing it down into the kettle as it cooks. Boil uncovered, lifting often with fork, to prevent its sticking to bottom of kettle, until a piece rubbed between finger-tips parts fairly easily. Avoid overcooking. Turn into strainer or colander; drain well. Spaghetti should be cooked just before serving. However, if necessary to hold it for a short time after cooking, add a tablespoonful of butter and toss gently, to keep strands from sticking together.



Crab Spaghetti

1 package spaghetti
1-1/4 cups condensed cream of mushrooms soup
3 tablespoons butter
1 cup milk
1/2 pound cheese, grated
1-1/2 cups flakes crab meat
Pepper to taste

Cook the spaghetti in boiling, salted water until tender. Drain. Heat the soup and keep stirring until smooth. Add the butter and milk. When hot, remove from fire and stir in grated cheese. Combine this cheese sauce with spaghetti, crab meat and season with pepper. Place in a shallow greased casserole and sprinkle with remaining cheese. Bake in hot oven. This may be varied by using 1/2 cup cooked rice instead of spaghetti.

Baked Eggs on Macaroni

4-6 eggs	**1 cup grated cheese**
1 cup milk	**2 tablespoons lard**
2 tablespoons flour	

4 cups macaroni (one-inch lengths) cooked in salted chicken stock

Make a smooth, white sauce of the lard, flour and milk over low heat. Stir in grated cheese.

Place macaroni in a pyrex baking dish lined with lard. Cover with cheese-cream sauce. Then make 4 (or more) depressions on top of macaroni mixture and break egg into each hollow. Bake in a moderate oven about 15 minutes or until eggs are set and cream crust is golden-brown. Serve while hot. Serves 5-7.

Royal Spaghetti With Crab Shrimp Sauce

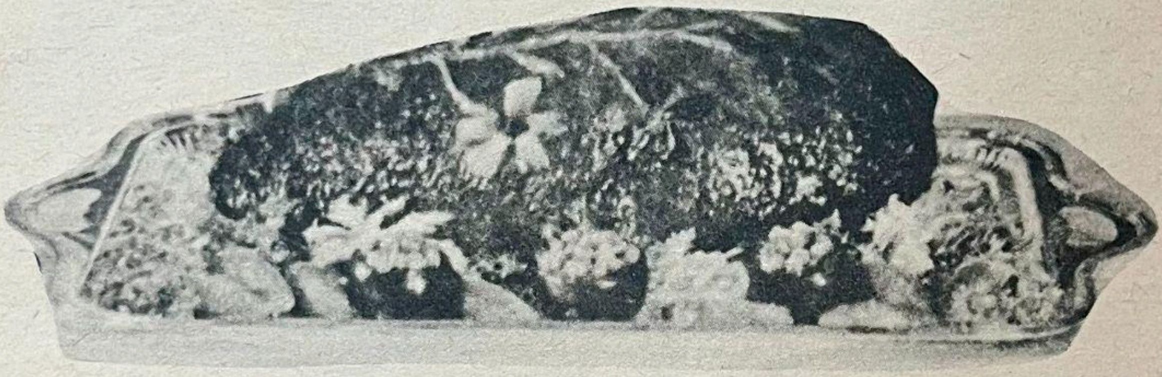
Clean and prepare about 1/2 kilo of either crabs or shrimps, medium size, leaving shells on. Set aside. Chop finely: 1/2 onion, about 5 garlic cloves, 1 carrot, 2 stalks of celery, 1 sprig parsley. After chopping all these finely, place in a casserole with 3 or 4 spoonfuls of oil and saute under slow fire until golden brown. Add the crabs and shrimps whole and add salt and pepper. Turn around often until reddish. Then add a can of whole tomato or a mixture of one can tomato paste, with one can of hot water. Boil for about 10 or 15 minutes. Now, remove casserole from the fire, take out crabs and shrimps and cool. Shell them; leave one third in big pieces, and the rest, chop finely, or better, pound in a mortar. Add two-thirds of this to the sauce and let simmer slowly for about an hour. Add the remaining and keep cooking if necessary until tender. If while cooking the sauce is too thick, slowly add hot water to keep it fluid and consistent. Use slow fire always and be sure that the sauce does not stick to the bottom of the pan by constantly stirring. Add to cooked spaghetti.

PORK AND MEAT RECIPES

Tongue Supreme

- 2 kilos tongue
- 6 potatoes, sliced
- 1 big red pepper, sliced
- 1 big green pepper, sliced
- 2 tsps. refined sugar
- 1 cup tomato sauce
- 2 tsps. Perrins sauce
- 2 tsps. white wine
- 1/4 lb. butter
- 3/4 cup onion, chopped
- 1/2 cup water
- Salt to taste

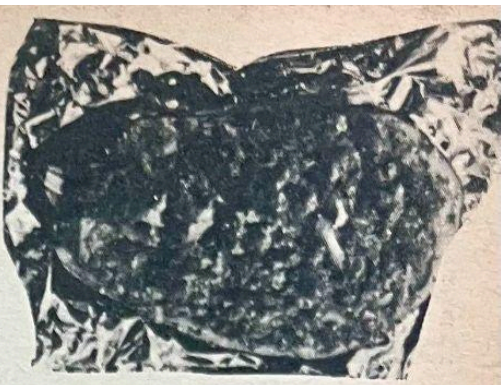
Clean the tongue, boil it in salted water, scrap to remove the skin. Simmer until tender. Melt butter in a sauce-pan, add onion until golden yellow. Add tomato sauce, water, wine and potatoes. Cook for few minutes or until potatoes is tender. Add the sliced tongue, Perrins sauce, sugar, and pepper. Season with salt. Serve hot. 6 to 8 servings.



Hong Ba
(Roast Side Pork)

- 1/2 kilo side pork (liempo) in one whole square piece
- 1/10 kilo dried Chinese mushrooms
- 8 pcs. medium-sized water chestnuts
- 1/4 cup dried shrimps (hibe)
- 1 head garlic
- 2 cups soy sauce
- 1 tsp. sugar

Break the garlic into single cloves and peel. Soak in water to clean and soften the dried mushrooms, water chestnuts, dried shrimps and peeled cloves of garlic. Then, wash under running water and drain. Pour soy sauce over the mixture. Steam approximately 2 hours or until the pork is tender enough to be cut easily with chopsticks or fork. Serve hot. (When double boiler is not available, add 1/2 cup water to mixture and boil until tender).



Ox Tongue With Sauce

- 1 medium-sized ox tongue
- 2 cans tomato sauce
- 2 tbsps. flour
- 1 onion
- 1 tsp. garlic, minced salt, pepper to taste
- 2 tbsps. butter
- Pinch of seasoning

Boil tongue till tender. Remove skin, then fry until brown. Set aside. Saute onion, garlic in tomato sauce. Simmer for a while before adding salt, pepper and seasoning. Sift in flour, add butter and continue cooking till sauce thickens. Slice tongue and arrange on platter. Pour sauce over tongue slices, then garnish with black olives.

Lechon De Leche
(Oven-Roasted)

Clean well a small pig. Drain and stuff with tamarind leaves. Truss it with skewers or with string. Put stuffed pig on rack in dripping pan, brush entire surface with melted lard and pour 2 cups of boiling water over the pig. Cover the skin with greased paper and roast in a moderate oven about 4 hours, basting every 15 minutes with liquid from the pan.

Serve with liver sauce.

Liver Sauce

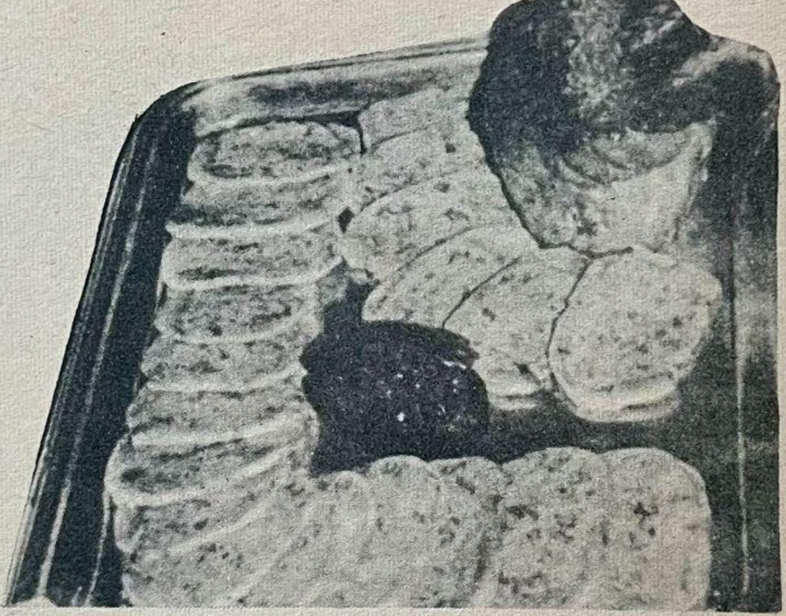
- 1 whole pig's liver roasted
- 1 cup or more water
- 1 head garlic, minced and burned in 4 tsp. lard
- 1/4 cup vinegar
- 1/4 cup bread crumbs
- 1 tsp. black pepper
- 1 tbsp. chopped onion
- Salt to taste
- 1/4 cup sugar

Pound or grind the pork liver. Add the water and strain. Saute onion. Add liver, breadcrumbs, vinegar, salt and sugar. Add the browned garlic and lard. Season with pepper. Cook until thick, or until desired consistency.

Embutido

2 cups (1/2 kg.) ground pork
2 eggs
1 tsp. salt
1/4 tsp. pepper
1/3 cup all-purpose flour
2 tbsp. dry bread crumbs
1/4 cup sweet pickles, sliced
2 hard-cooked eggs, sliced
1 piece chorizo de bilbao, sliced
6 cups meat broth

Mix pork, eggs, seasonings, all-purpose flour and bread crumbs. Between two pieces of waxed paper, roll the mixture to a 10 x 6 inch rectangle. Carefully remove upper waxed paper. Arrange slices of pickles, eggs and chorizo lengthwise one inch from the 10" side. With the lower waxed paper, roll the mixture once to cover the sliced filling. Repeat this procedure twice until all the filling has been arranged and meat mixture has been rolled. Slide the roll onto a piece of clean cheese cloth. Wrap firmly. Tie both ends. Simmer in broth for 1 hour or until embutido is firm. Chill before serving.



Springtime Pork with Bamboo Shoots

1 cup shredded pork
1/2 cup sliced green pepper
1/4 cup soy sauce
1 tsp. monosodium glutamate
Cornstarch solution
1-1/2 cups shredded bamboo shoots
1/3 cup Chinese wine
1 tsp. sugar
2 tbsps. broth

Heat oil in hot skillet. Fry shredded pork, stirring constantly. Drain in a colander. With a little oil in the skillet, sauce bamboo shoots with wine, soy sauce, sugar, monosodium glutamate and broth. Add green pepper. Add the cornstarch solution to thicken slightly. Serves 2-4.

Spanish Tongue On Toast

Tongue Mixture:

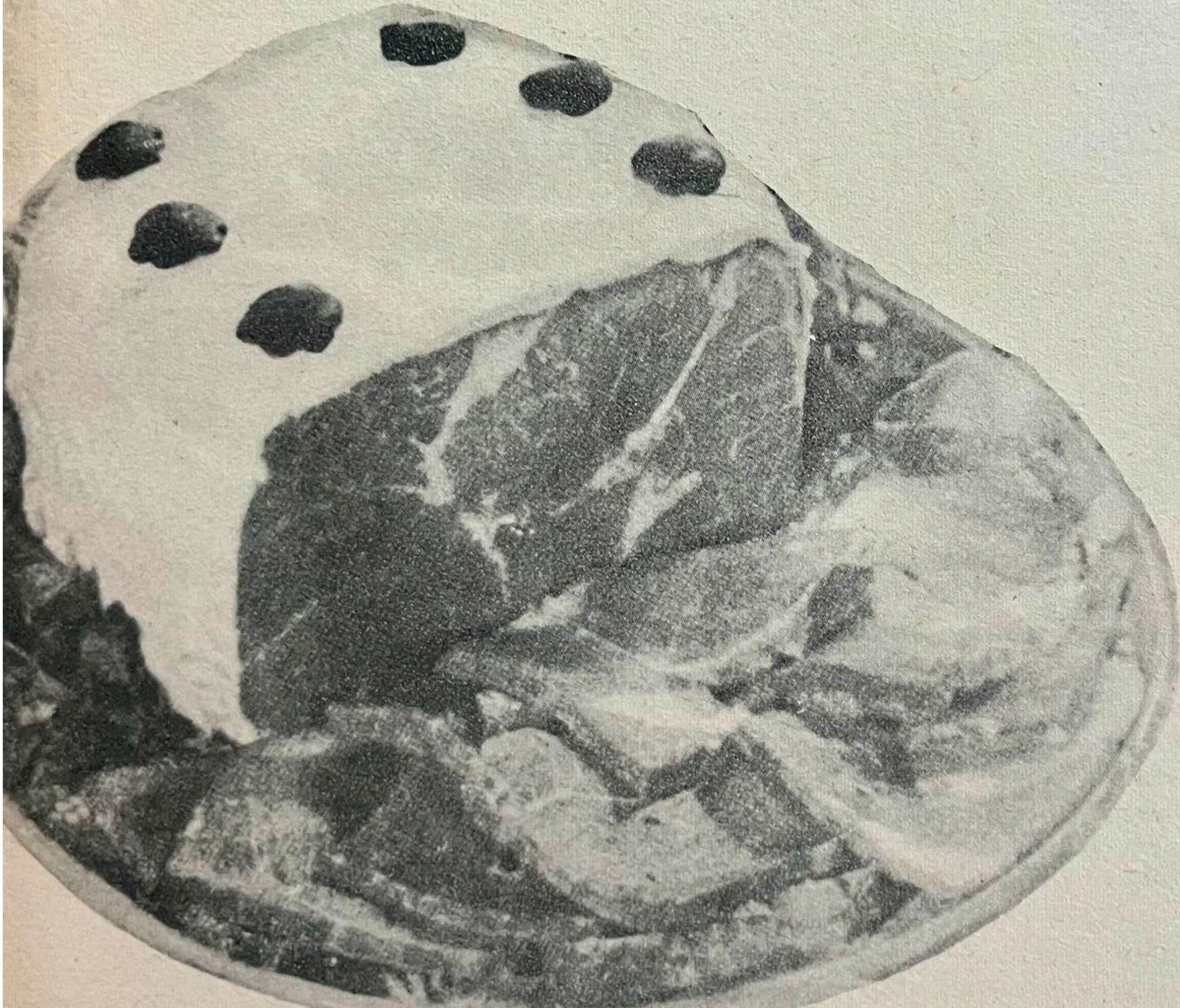
- 1 pre-cooked pork tongue, diced
- 1/4 cup cooking oil
- 1 cup tomato sauce
- 1/2 cup mushroom heads
- 1 tsp. salt
- 1 cup scalded milk
- 2 tbsps. flour, browned
- 1 med-sized green pepper, cut in strips
- 1 med-sized onion, chopped

Toast:

- 24 pieces loaf bread
- Creamed margarine

Put oil in hot skillet and add the chopped onion; fry until golden brown. Add the tomato sauce, mushroom heads and salt; cook for a minute. Then add the flour and milk gradually. Bring to boiling point and add diced tongue and cook further for 2 minutes. Add the green pepper and remove from fire. Cool. Fill the toast with the tongue mixture.

Remove the crust. Put each slice of loaf bread into each muffin pan. Brush the bread with the creamed margarine. Then brown in hot oven (400°F).



Tripe Spectacular

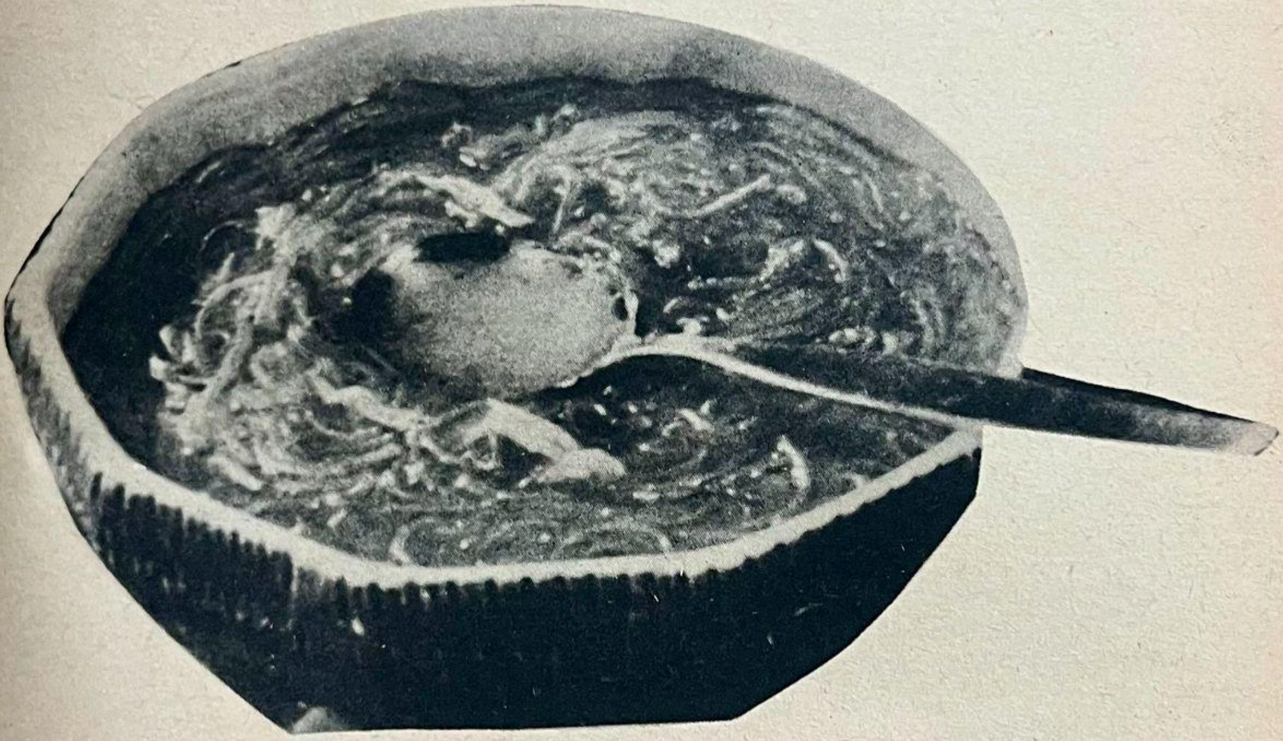
- 1 kilo cooked tripe — cut into strips
- 1 Bilbao sausage — sliced into pieces
- 1 can sliced sausage
- 1 can tomato sauce
- 1 cup water
- 1 can pimiento—cut into strips
- 1 cup green olives
- 1 small bottle olive oil
- 1 cup broiled chick peas (garbanzos)
- 1 tsp. worcestershire sauce
- 3 tsp. brandy
- 1 tsp. refined sugar
- 1 medium size onion, sliced
- Salt to taste

Saute the garlic and onion in olive oil and when half done, add the tripe, tomato sauce and 1 cup water. Cook well until water has evaporated. Add brandy, refined sugar and the rest of the ingredients. Mix well and season with salt.

FIRST FILLERS – SOUPS AND VEGETABLES

Soups

When children come trooping in, wet with rain, a hot thick soup is most welcome, to get rid of the chill from their bones and to fill empty stomachs. Here is a very nourishing soup:



Cabbage Soup Country Style

- **2/3 pound salted pork (tocino)**
- **4 quarts water (16 cups)**
- **2 teaspoons fine salt**
- **1 ham bone or 1 pound ham**
- **1 slice garlic, sausage, if desired**
- **3 carrots, diced**
- **2 turnips, diced**
- **3 onions, chopped**
- **4 leeks, chopped**
- **4 cups chopped cabbage**
- **5-6 medium sized potatoes**
- **1 pepper, diced**

Put pork in a deep kettle, cover with water and boil for 10 minutes. Drain and plunge into cold water. Return pork and ham into kettle with the water, boil for a few minutes, add salt and boil for about 2 hours. Add sausage and all vegetables, except potatoes. Cook until vegetables are soft, then add the potatoes. Season with salt and pepper. Skim off fat, remove pork and sausage, cut into dice and return to the soup. Serve with crusts of bread in it.

Dried Bean or Split Pea Soup

- 1 cup dried beans or green or yellow split peas
- 1 small onion, sliced
- 4 tablespoons butter or margarine
- 4 tablespoon flour
- 4 cups fluid milk
- Salt and pepper to taste

Soak beans or peas overnight in cold water. In the morning, cook in plenty of water until soft. Put through a sieve. Make a white sauce with the fat, flour, and milk. Add the onion which has been sliced and browned in the fat, then sieve. Add the peas and the onion to the milk mixture and heat through. Serve at once with fried bread cubes or crackers.

Stuffed Chicken Soup with Asparagus

- 1 big hen
- 1/2 kilo ground pork
- 1 cup pork sausage or
- 4 or 6 pieces Oxford sausage
- 1/4 cup grated cheese
- 1/2 cup ground ham
- 1 cup chopped apulid
- 1/4 cup chopped green onion
- 1 can green asparagus (medium)
- 1 kilo meat bones for broth
- 1 cup chopped celery or
- 1/2 cup chopped kinchay
- 2 tablespoonfuls white wine
- 4 eggs
- 4 tablespoonfuls butter
- 1/4 onion juice
- 3 tablespoonfuls Perrin Sauce

Kill, dress and clean a big fat hen. Remove the bones, being careful not to cut the skin. Soak overnight the boned chicken in this mixture:

- Juice of 3 California oranges
- Salt and pepper to suit the taste
- Juice of 1 big onion
- 4 tablespoonfuls brandy
- 4 tablespoonfuls Perrin Sauce
- 1/4 chopped kinchay

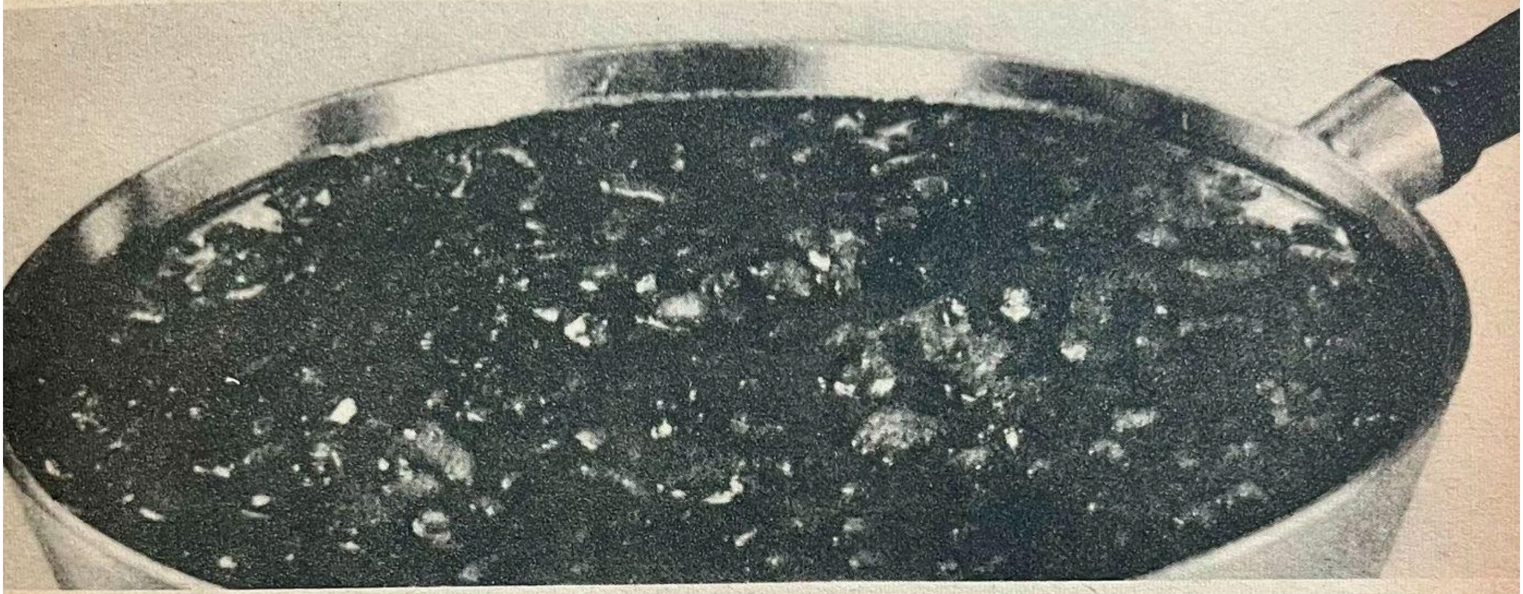
Place chicken in the frigidaire. If no frigidaire or ice box is available, soak early in the morning (about 7:00 o'clock) until afternoon around 3:00 o'clock. While waiting for the time, mix together the ground pork, sausage, ham, apulid, celery or kinchay, cheese, green onion, butter, onion juice, wine, perrin sauce, eggs and enough salt and pepper to suit the taste. Set aside and when ready, stuff the chicken with this mixture. Wrap stuffed chicken in clean cheese cloth and boil with meat bones. When cooked, remove pan, unwrap and fry. Thicken soup with mashed potatoes or cornstarch. Add asparagus together with juice.

Sliced stuffed chicken and add soup just before serving. Serve hot.

Julienne Soup

8 cups meat stock
2 tablespoons vetsin powder
1/2 cup cabbage (finely shredded)
1/4 cup green pepper (sweet) (thinly sliced)
1 egg white (beaten for 1 min.)
Salt and pepper to taste

Place the stock in an enamel or aluminum pan. Bring to a boil and add the rest of the ingredients except the egg white. Cover the pan and cook from eight to ten minutes. Add the egg white and stir for one minute. Remove from the fire and serve hot.



Ampalaya with Shrimps (Guisado)

1 medium-sized ampalaya
6 or 8 shrimps
2 T. fat
3/4 c. water
1/2 t. salt
1 small tomato
1/2 small onion
1 clove garlic

Wash and shell the shrimps; separate the heads and appendages, which are to be pounded. Cut the shrimps lengthwise and then crosswise into small pieces. Use the measured water to wash the juice from the pounded parts of the shrimps; strain.

Wash the ampalaya; cut it lengthwise into halves, remove the seeds, cut the halves crosswise into thin slices.

Crush the garlic; slice the onion and tomato. Fry the garlic 2 or 3 minutes or until light-brown; add the onion and fry for 2 or 3 minutes longer; then add the tomato and cook for another 2 minutes. Add the shrimps and cook until they become slightly red – about 4 minutes.

Add the shrimp juice. Lower the fire for a while to prevent curdling of the liquid.

Add the salt. Boil for about 15 minutes.

Serve hot.

String Beans Boiled with Bagoong

2 c. tender string beans	**1-1/2 c. water**
2-1/2 T. bagoong	**1 medium-sized fish**

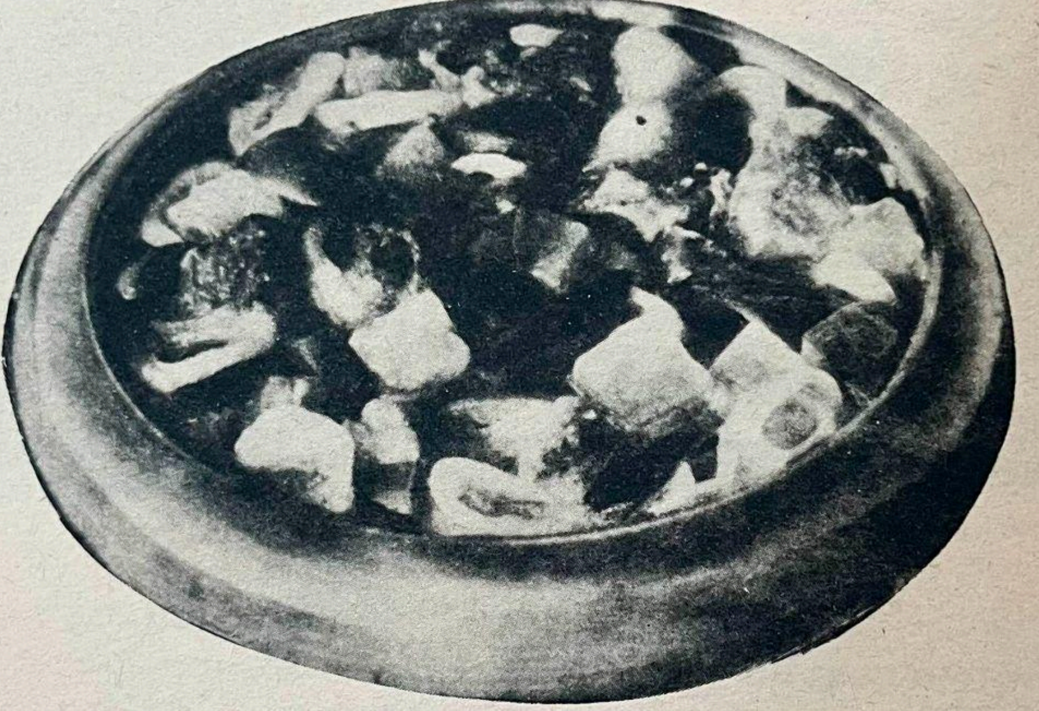
Wash the beans, string them, and break or cut the pods into pieces about 2 cm. long.

Broil the fish with the scales on until almost done.

Meanwhile, boil the water, put a portion of the boiling water into a cup containing the bagoong (if fish bagoong is used), strain it back into the pot, and repeat until all the juice from the bagoong is extracted.

Add the string beans and boil for 10 minutes; turn the beans over; then add the broiled fish and cook until the beans are done – about 10 minutes longer.

Serve hot.

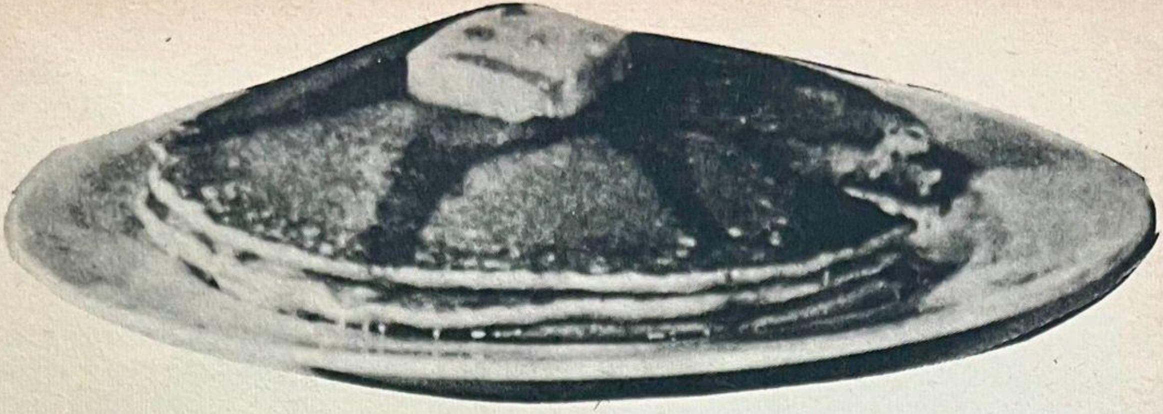


Beef Stew

Here are the general directions for making beef stew:

1. Use less tender cut of beef, like chuck.
2. Cut meat in uniform pieces, usually from 1-1/2 to 2 inch-cubes, to make the dish more attractive.
3. Season meat with salt and pepper; dredge with flour, if a thick stew is desired.
4. Brown well in its own fat or in a little lard. Browning the beef before boiling it will prevent all its juices from going into the soup and the brown color makes the dish more attractive.
5. Add just enough hot water to cover meat.
6. Cover kettle tightly and simmer (never boil) until meat is tender.

Here is a dish that improves with reheating. We suggest that you use just enough vegetables for one meal so that they will not become too soft and get mashed when the pork is reheated.



SWEETS AND COOKIES FOR THE END

Cinnamon Waffles

3/4 cup sifted all-purpose flour
1-1/2 teaspoons baking powder
3/4 cup milk
1/4 cup melted margarine
1 egg, separated
1/8 cup granulated sugar
1/2 teaspoon cinnamon
1 tablespoon sugar
Pinch of nutmeg

Preheat waffle iron.

Sift together into a bowl, baking powder, flour, salt, nutmeg, and sugar. Beat egg yolks well; add milk and melted margarine. Beat egg whites till stiff. Make a well in center of flour mixture and add egg yolk mixture. Stir well. Fold in beaten egg whites.

Drop batter by spoonfuls on waffle iron and cook for about five minutes. Sprinkle with mixture of cinnamon and sugar as soon as cooked. Serve with plenty of butter and honey.

Empanaditas

2 cups flour
4 tsp. baking powder
1/2 tsp. salt
1 tbsp. sugar
2 tbsp. cooking oil
1/2 to 2/3 cup milk
Fruit jam for filling

Sift flour with baking powder and salt. Add sugar and sift again. Mix oil and milk. Make a well in the flour mixture and pour milk combination. With a fork or food scrapper, mix liquid and flour to make a soft dough.

Roll out on slightly floured board into about 1/4 inch thick. Cut in round pieces with cookie cutter (the doughnut cutter with the center removed is best for this purpose.) Place half a spoon of fruit jam in the center of each piece. Moisten edges with water. Fold over half of circle and press edges together with tines of a fork.

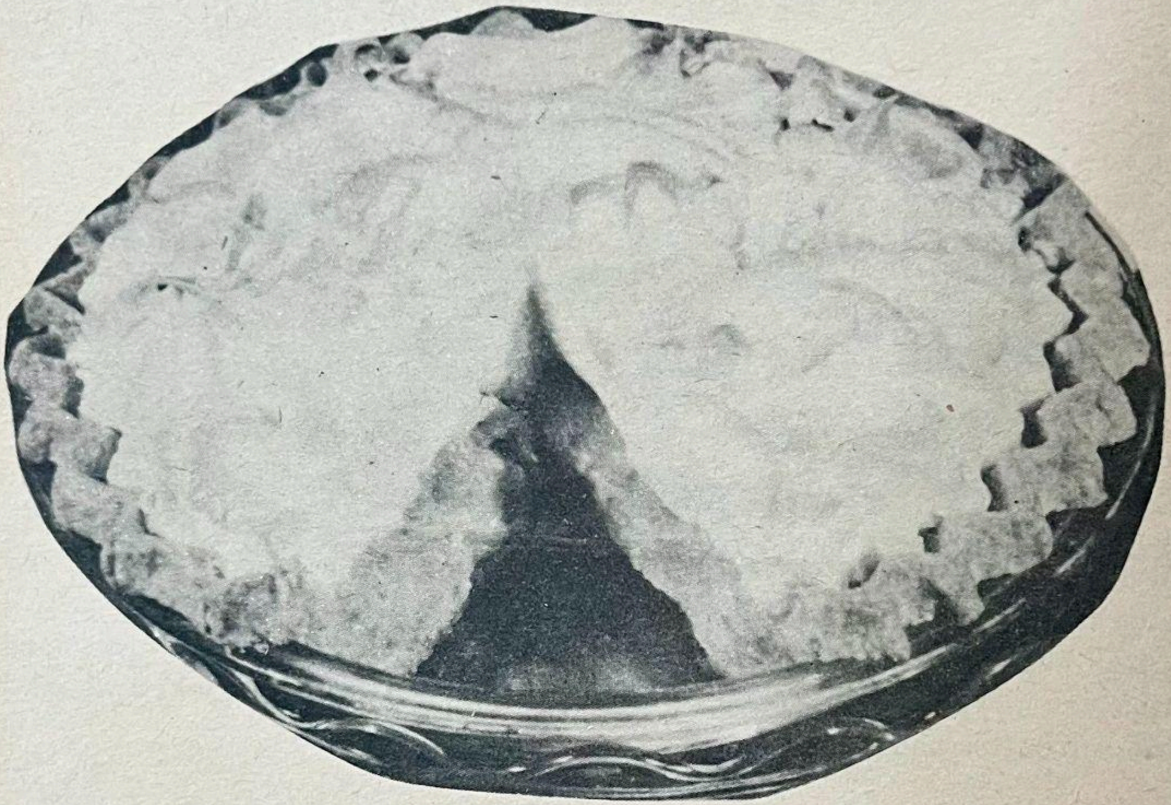
Fry in deep hot fat until golden brown. Serve hot.

Lengua de gato

1/4 lb. butter
2/3 cup sugar
1-1/3 cup flour
1/4 cup eggwhites or
2 eggwhites combined with
1 egg yolk

Cream the butter. Add sugar gradually until fluffy. Add egg whites and beat thoroughly. Add flour gradually beating all the time. Add a pinch of salt and vanilla.

Bake in 375°F. until golden brown or about 5 minutes.



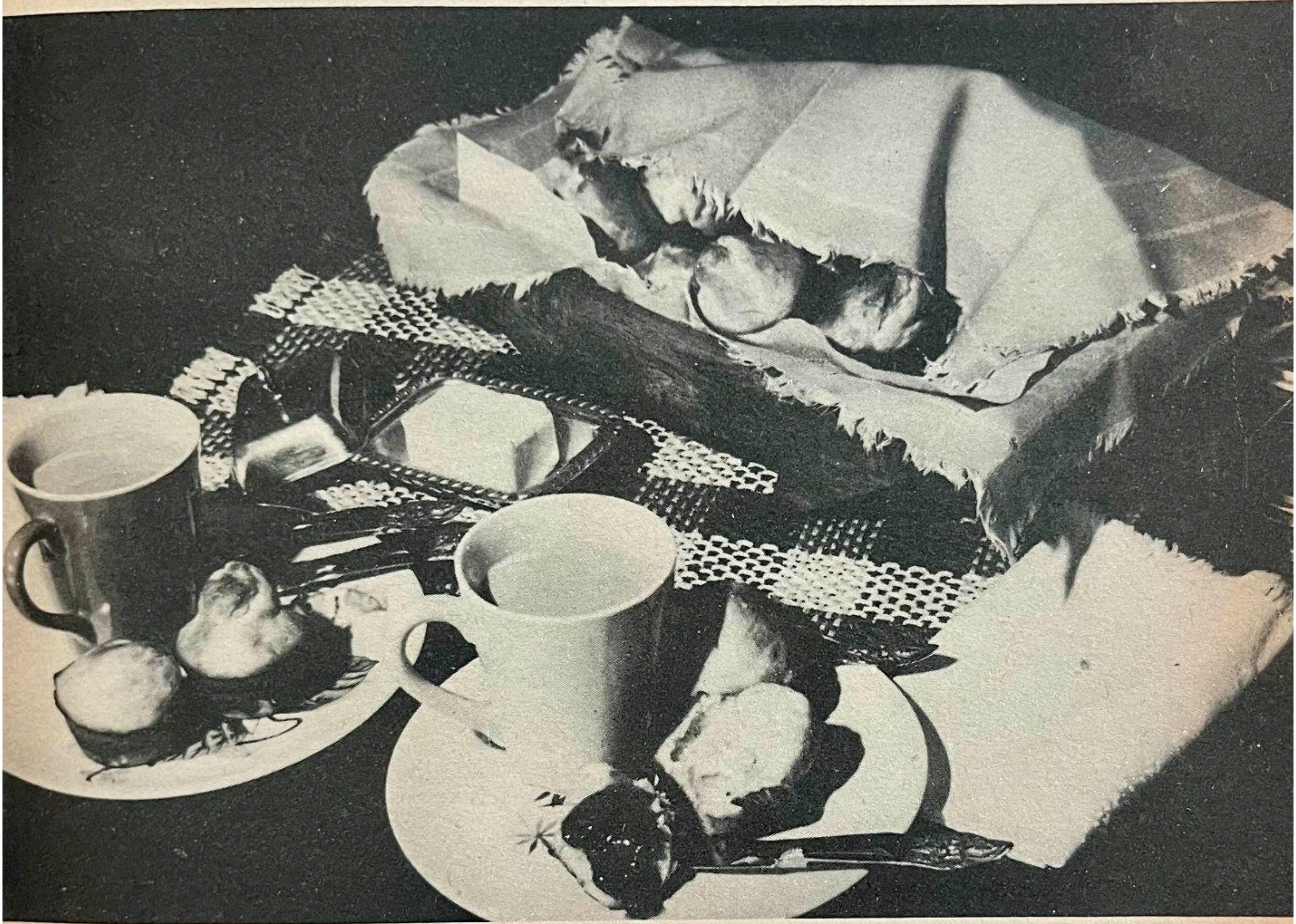
Strawberry Cookies

3 cups flour
3 tsp. baking powder
2 cups strawberries, chopped
2 eggs
2 tsp. grated lemon rind
3/4 cup shortening
1/4 walnuts, chopped
3/4 tsp. salt
1-1/2 cups refined sugar
1/3 cup milk

Blend the flour and baking powder and sift. Work in the sugar and cream shortening. Beat in the eggs gradually. Add flour and milk in three parts each, beating smoothly each time. Evenly stir in the strawberries, lemon rind and nuts. Immediately drop batter into greased baking sheets and bake in oven for 10 minutes or until firm.

Sardine in Cheese Spread

Flake sardines. Mix with enough Kraft Cheez Whiz until of spreadable consistency. Spread on buttered crackers or toasted bread rounds and bake for a few minutes in hot oven. Garnish with sliced stuffed olives or pimiento.



Cottage Cheese Mexican Style

- **1/2 lb. cottage or pot cheese**
- **1 diced pimiento**
- **1 green pepper, minced**
- **1 tbsp. onion, minced**
- **1/2 tsp. chili powder**
- **1/3 tsp. sugar**
- **1 firm ripe tomato, diced**

Combine cheese, pimiento, green pepper, onion and seasonings. Add tomato. Serve with corn bread.

Chicken Adobo Sandwich

1 chicken, regular size (boneless)
1/2 cup vinegar
1 clove garlic, minced
Salt to taste
Black pepper
1/2 bay leaf
Lard
2 cups water
Toyo to taste
Pan de sal or hamburger buns

Cut chicken into small pieces. Add spices to chicken. Put in kettle and add bay leaf, vinegar and water. Cover and let simmer until meat is done and liquid has practically evaporated. Add fat and fry till brown in color. Place mixture in pan de sal or hamburger buns.

Swedish Ham Balls

1/2 pound ground ham
1/2 pound ground pork
1 cup dry bread crumbs
1 well-beaten egg
1/2 cup milk
1/2 cup brown sugar
1/2 teaspoon dry mustard
1/4 cup vinegar
1/4 cup water

Combine ham and pork, crumbs, egg, and milk. Mix thoroughly and form into small balls. Combine remaining ingredients, stirring until the sugar dissolves. Brown the meat balls in a little lard, being careful not to burn them. Pour the vinegar mixture, cover, and cook over a low fire until the sauce is thick. Baste the balls frequently with the sauce.

Lobster Thermidor

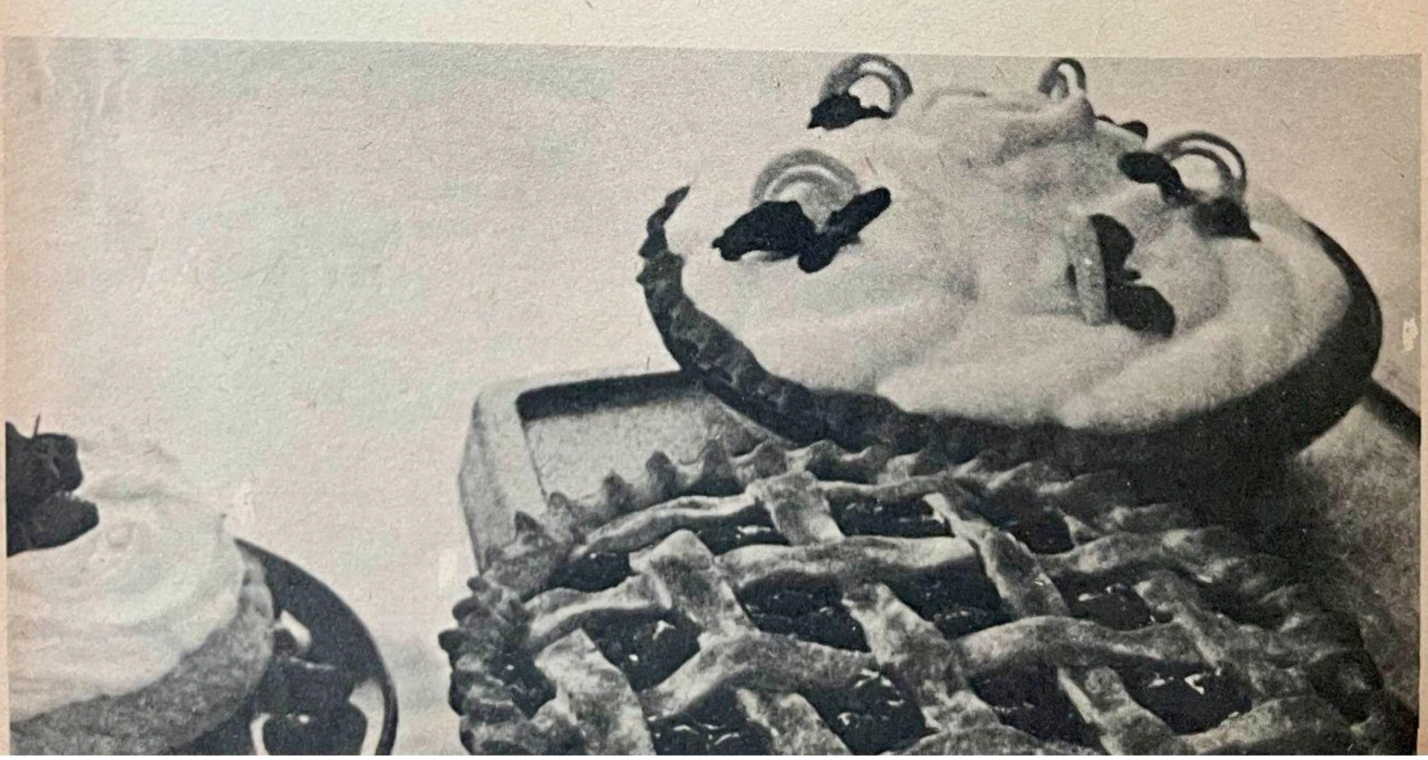
1 boiled lobster	1-1/2 cups cream sauce
3 mushrooms, sliced	2 tablespoons grated Parmesan cheese
1/4 cup butter	1/2 cup sherry
A dash of paprika	1 tablespoon minced parsley

Cut the lobster lengthwise into halves. Remove the meat and break into small pieces. Cook the mushrooms in butter, add the paprika, mustard, parsley, sherry, and one cup cream sauce. Mix well, fill the lobster shell, cover with remaining sauce and sprinkle with cheese. Bake in hot oven. The cream sauce may be seasoned more highly if desired by adding 1 teaspoon grated onion, increasing the mustard to one teaspoon and using celery salt instead of parsley. The mushrooms should be increased also to 3/4 cup.

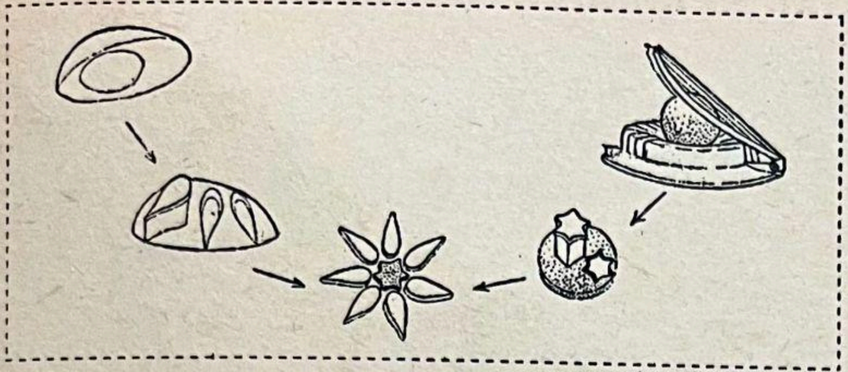
Cheese Meat Scallop

1 package macaroni and cheese	2 cups milk
2 tablespoons butter or fortified margarine	3/4 teaspoon salt
12-ounce can luncheon meat	1/8 teaspoon pepper
2 tablespoons flour	

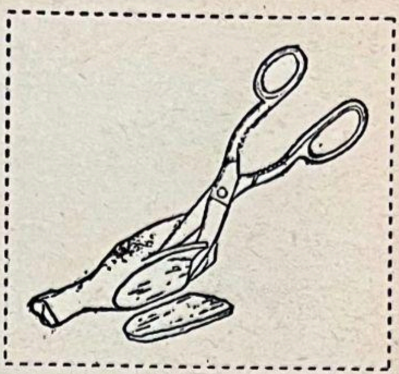
Cook macaroni according to directions on package; drain. Melt butter or margarine, stir in flour, remove from heat, and gradually stir in milk. Cook over medium heat, stirring until thickened and smooth. Add grated cheese (reserving 2 tablespoons), salt and pepper. Slice meat, cut 5 slices into triangles and reserve from trim. Cut remaining meat into strips, combine with macaroni and cheese sauce; pour into greased baking dish (about 1-1/2 quarts). Arrange reserved triangles of meat about 20 minutes in moderate oven (375°F). Makes 4 to 6 servings.



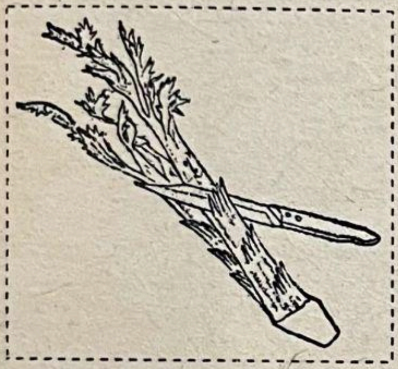
TIDBITS ON FOOD PREPARATIONS



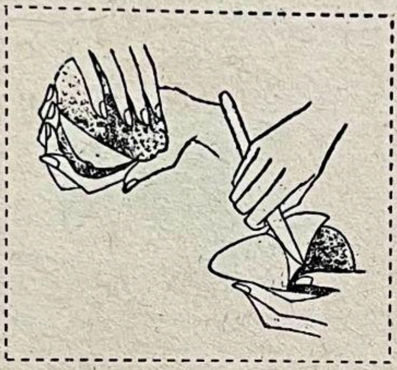
EGG DAISY: Cut hard-cooked egg lengthwise through the white only. Separate into halves, leaving yolk whole. With tiny petal-shaped aspic cutter, cut petals from uncut side of egg white; trim petals to even thickness. Slice yolk with egg slicer. Again using aspic cutter, cut center of daisy from yolk slice.



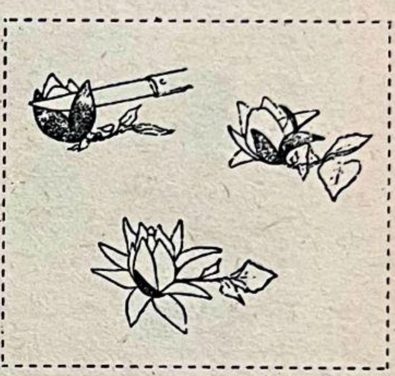
CUTTING POULTRY: Shears are by far the fastest and most efficient way to cut up or sliver raw or cooked poultry for use in salads, soups, sandwiches or casseroles.



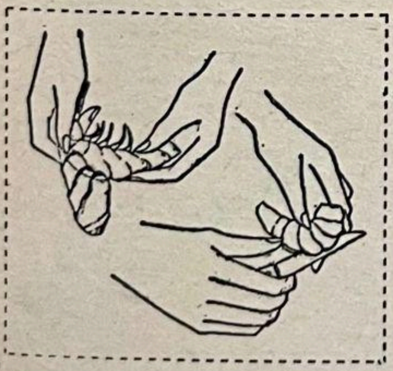
CELERY HEARTS: Break off outer stalks. Wash remainder of bunch; pare root. Halve bunch lengthwise; then cut each half lengthwise in 2 or 3 pieces. With knife, make slashes on outside, as shown.



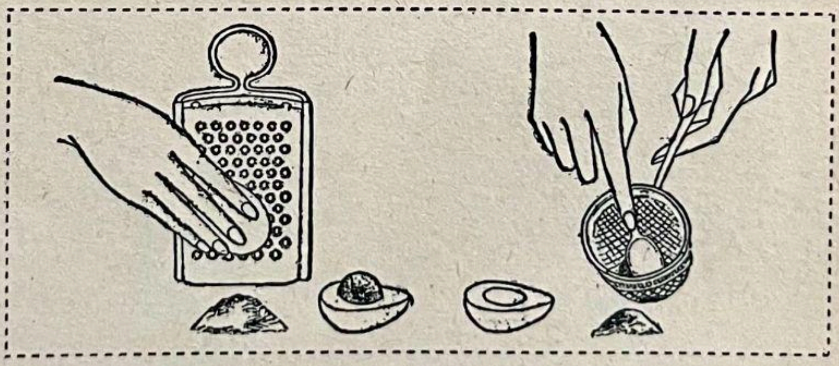
PREPARING AVOCADO: With a sharp knife, cut to seed all around. Separate into halves by twisting gently in opposite directions. Loosen seed with knife blade or fingers; then lift out. Peel skin back with a very sharp knife.



RADISH ROSE: With sharp knife, cut shallow petals around outside almost to bottom. Cut another petal layer inside first with knife point. Make 2 or 3 deep cuts in center. Set in ice water overnight to open.

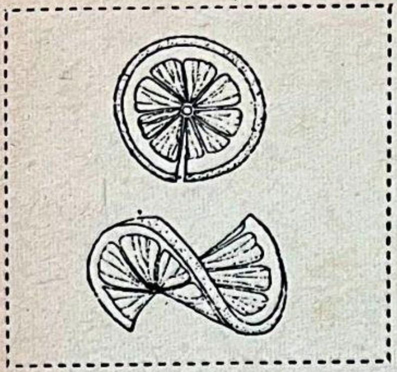


HOW TO SHELL AND DEVEIN SHRIMP: Before cooking: Slip thumb under shell between legs; lift off a few segments of shell; pull shrimp from remaining shell. Make shallow cut down back. Lift out vein with knife tip.

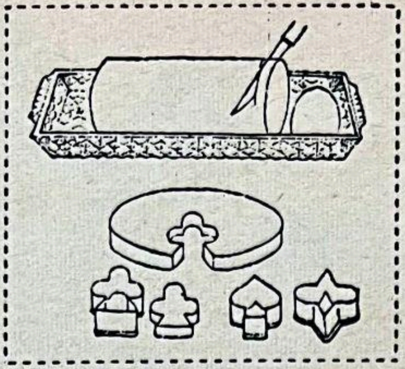


GRATING EGG WHITE: Cut hard-cooked egg in half; remove yolk. Rub the white gently against fine grater. Use to garnish salads, appetizers, vegetables and meat or fish main dishes.

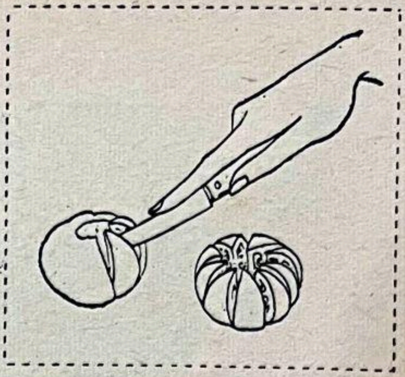
SIEVING EGG YOLK: Remove yolk from hard-cooked egg, as at left. Push yolk through fine sieve with back of teaspoon. Use as a garnish for salads, hors d'oeuvres, etc.



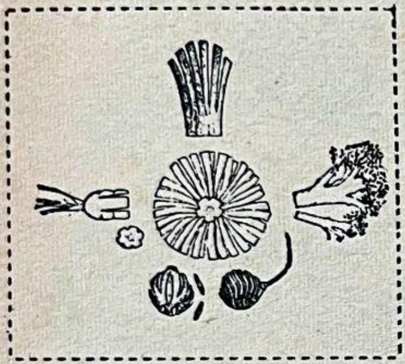
FRUIT TWISTS: Slice orange, lemon or lime very thin. Make slit to center of each slice. Twist slices as pictured. Lay on or around a salad or main dish as garnish.

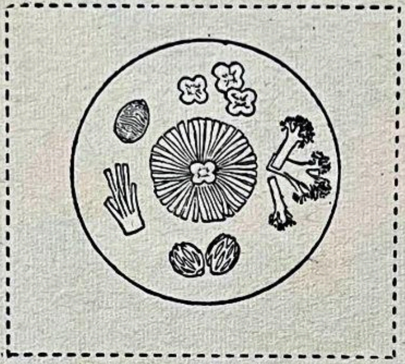


CRANBERRY JELLY SHAPES: Cut canned cranberry jelly into thick slices. Using aspic cutters or small cookie cutters, cut shapes from jelly slices. Use as garnish on salad plates or on meat.

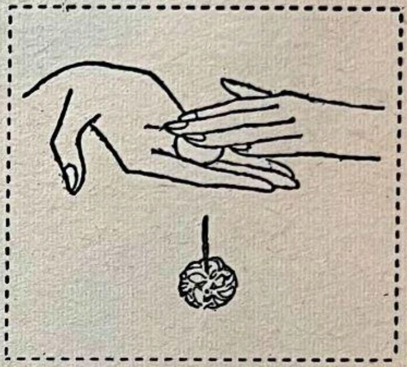


FLOWER TOMATO: With paring knife, start at cored center, cut into wedges about halfway down. Center could be filled with egg, fish or meat salad, cottage cheese or sour-cream slaw.

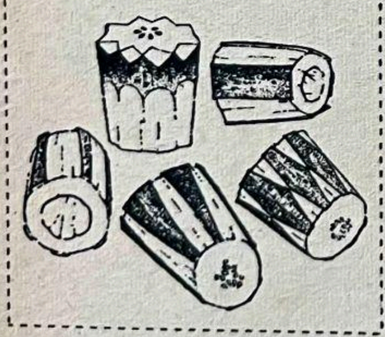




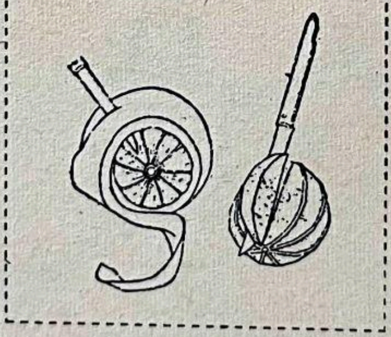
OSHINKO, U.S.A.: Do with razor blade. Butterfly: Slice 2-inch strip of peel from cucumber; make lengthwise slits at one end; fold outer strips. Broccoli: Slice flowerets thinly. Radish Fan-Tan: Halve lengthwise; slash outside. Radish Lantern: Cut out wedges as shown. Blossom: Cut out wedges evenly down carrot; slice. Turnip Flower: Make slits around slices; set blossom in center.



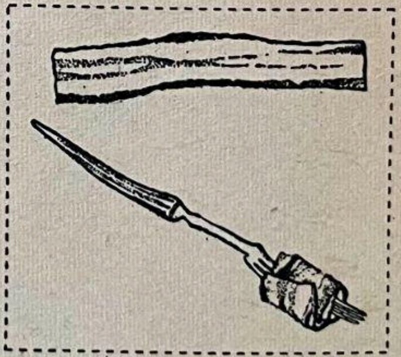
CREAM-CHEESE BALLS: With a tablespoon, scoop cheese; roll into balls with hands. Roll in ground nuts, coconut or grated orange peel as garnish for salads or as ingredient.



CUCUMBER CUPS: Cut cucumber in pieces; remove strips of peel as shown. Make sawtooth edge, if desired. When pattern is finished, hollow out center. Use as container for Cucumber Cottage-Cheese Salad.



GRAPEFRUIT, ORANGE SECTIONS: With knife, peel around or whittle off peel in strips, cutting deep enough to remove all white membrane. Cut along both sides of each dividing membrane and lift out single sections.



BACON CURLS: Sauté bacon until it is cooked, but not crisp. Remove from the skillet; immediately curl around tines of fork. Secure with toothpicks, if necessary. Let drain. Use to garnish salads.

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